

1 Rub palms together.



2 Rub the back of both hands.



3 Interlink fingers and rub hands together.



4 Interlink fingers and rub the back of fingers.



5 Rub right thumb in a rotating manner, then repeat with left.



Remember to handwash the FROG way!

**FRICTION
RUBS
OUT
GERMS**



6 Rub fingertips on palms of both hands.



7 Rub both wrists in a rotating manner. Rinse well.



Someone's not handwashing properly?
Just say "Ribbit."

*Wash hands for at least 20 seconds. You can follow the same steps using hand sanitizer that contains at least 60% alcohol.