

## How to Wash Your Hands Video Transcript

Intro music

The video shows a bathroom sink.

Text on screen: How to wash your hands.

Sound effect: Ding

Text on screen: \*properly (for 20 seconds)

A person turns on the water faucet.

Text on screen: 1. Wet hands with warm water.

Text on screen: 2. Apply enough soap to cover all hand surfaces.

An onscreen timer starts counting up to 20 seconds.

Text on screen: 3. Rub hands palm to palm.

Text on screen: 4. Rub palm to back of hands with fingers interlaced.

Text on screen: 5. Rub palm to palm with fingers interlaced.

Text on screen: 6. Curl fingers to rub fingernails against palms.

Text on screen: 7. Grab each thumb and rotate back and forth.

Text on screen: 8. Rub fingertips up and down against palms.

Text on screen: 9. Rinse hands with water.

Text on screen: 10. Dry hands with a clean towel.

Text on screen: 11. Turn off water with towel.

The video fades to white.

Text on screen: You've got clean hands!

Minnesota Department of Health logo

Text on screen: [health.mn.gov/handwashing](https://health.mn.gov/handwashing)