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: 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