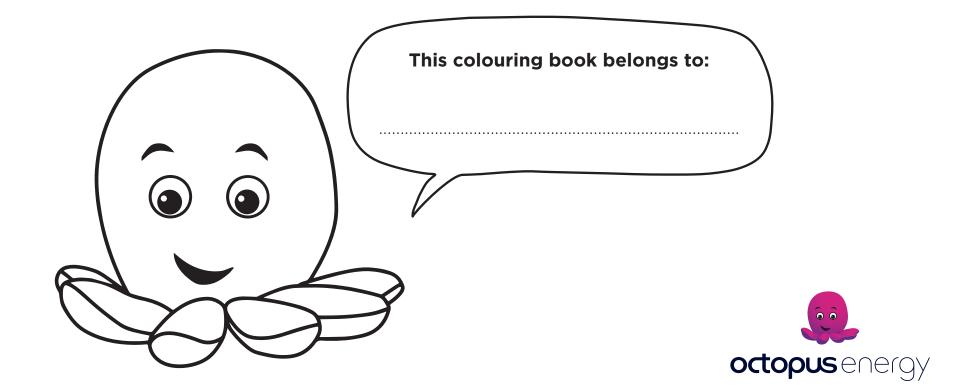
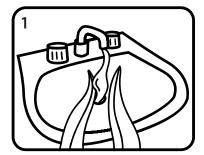
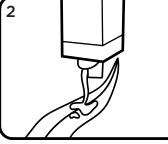
octopusenergy Colouring Book



Hand-washing technique with soap and water





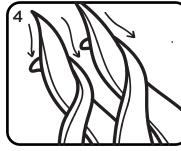
Wet tentacles with water

Apply enough soap to over all tentacle

surfaces



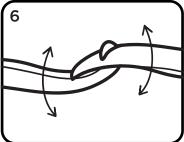
Rub tentacle palm to palm



Rub back of each tentacle with palm of other tentacle with tentacles interlaced



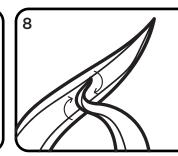
Rub palm to palm with tentacles interlaced



Rub with back of tentacles to opposing palms with tentacles interlocked



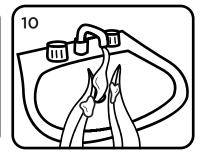
Rub each thumb clasped in the opposite tentacle using a rotational movement



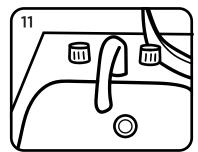
Rub tips of tentacles in opposite palm in a circular motions



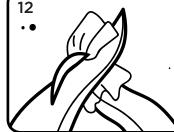
Rub each wrist with opposite tentacle



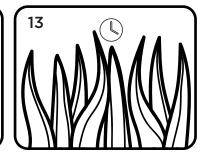
Rinse tentacles with water



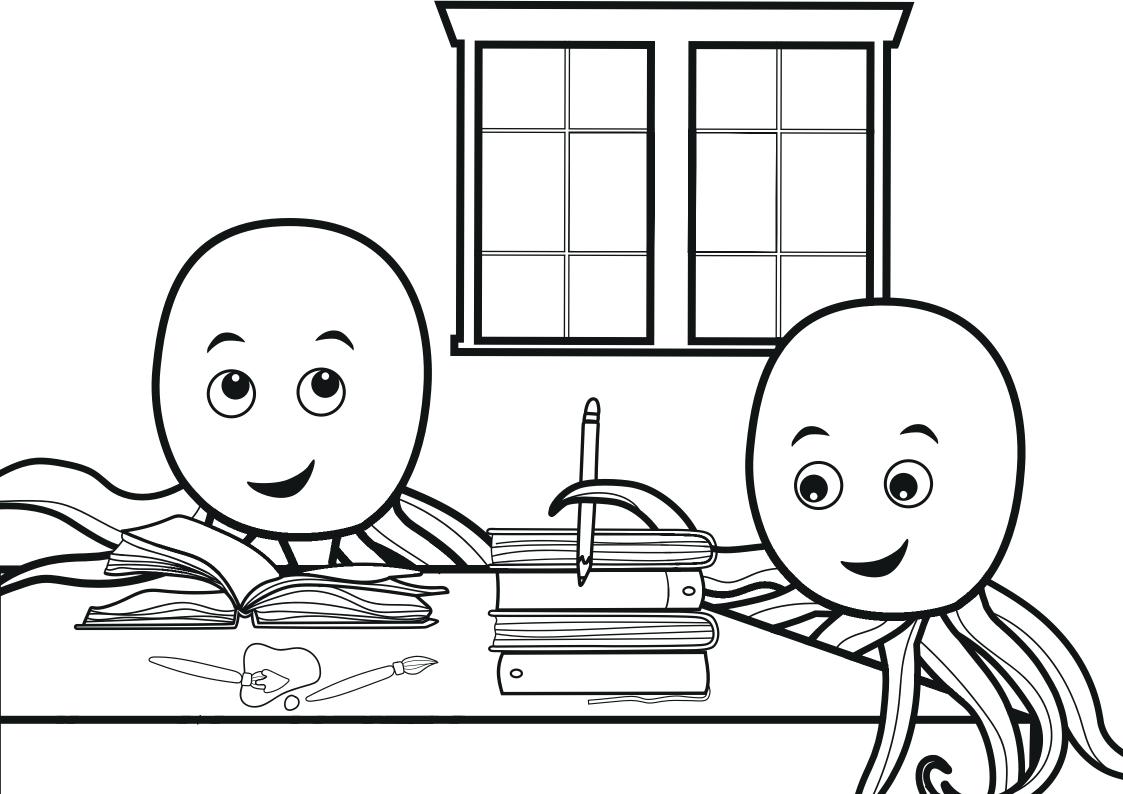
Use elbow to turn off tap

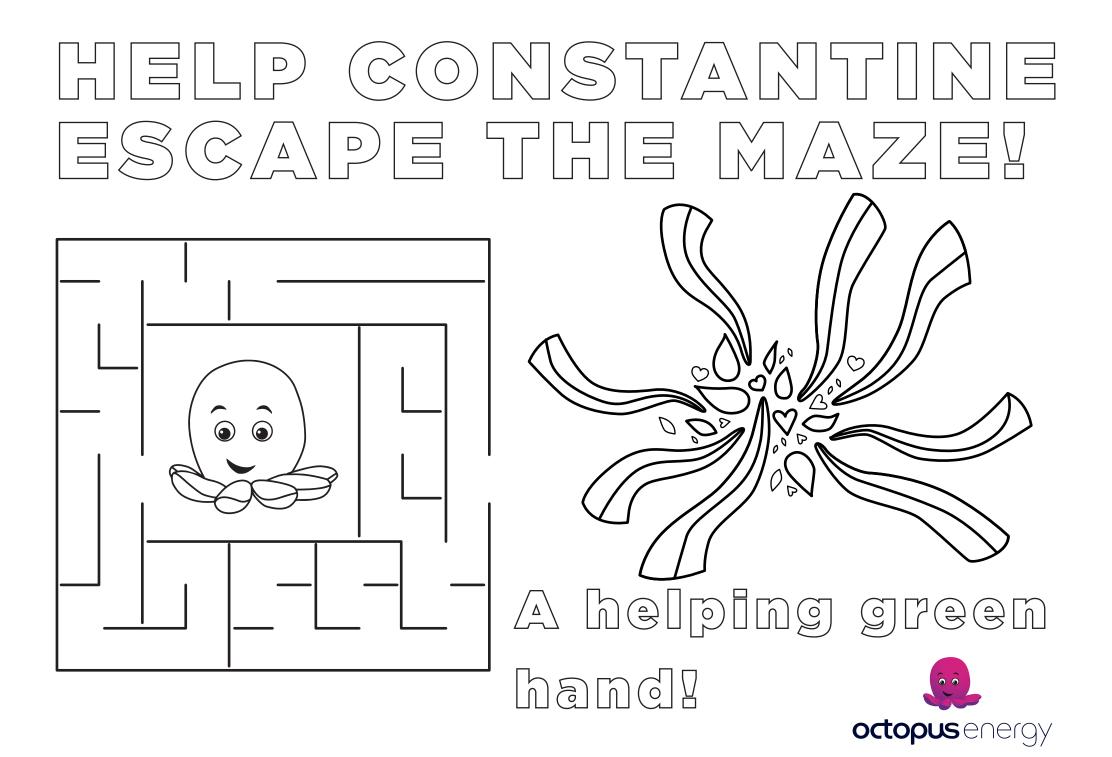


Dry thoroughly with a single-use towel

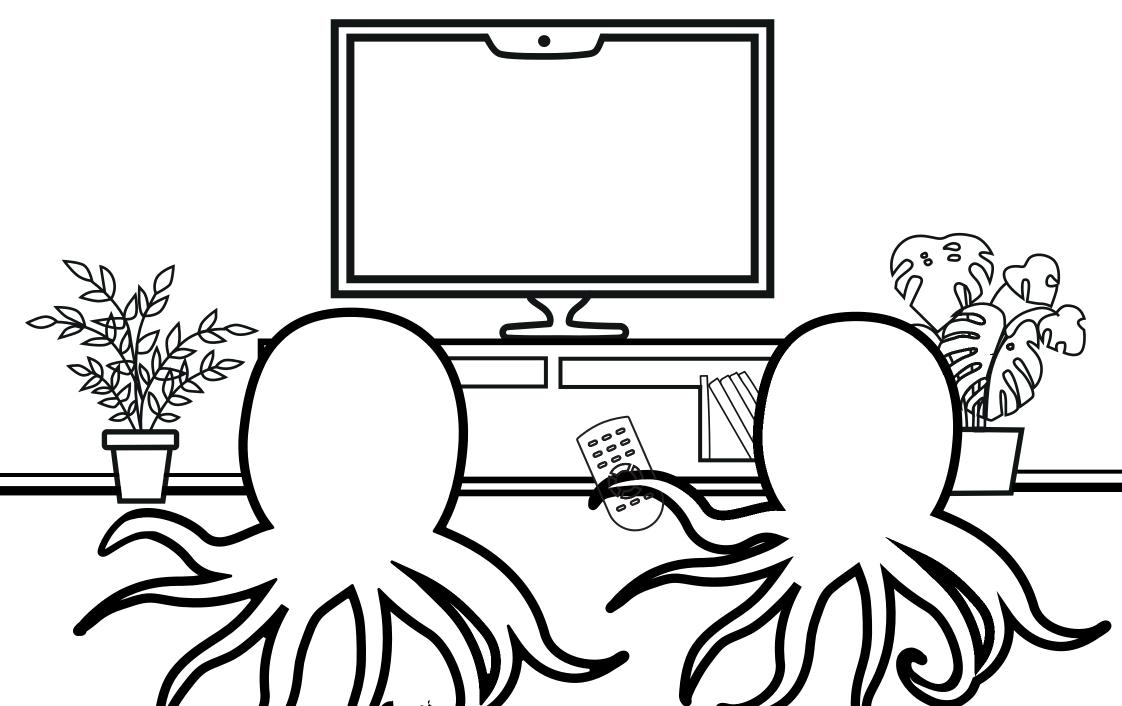


Hand washing should take 15-30 seconds





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