MIDWEST QIN-QIO



Rub palms together



Rub the back of both hands



Interlock fingers and rub hands together

Handwash the FROG way!



Friction
Rubs
Out
Germs



Interlock fingers and rub the back of your hands



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



Rub wrists in a rotating manner and rinse well



Rub fingertips on palms