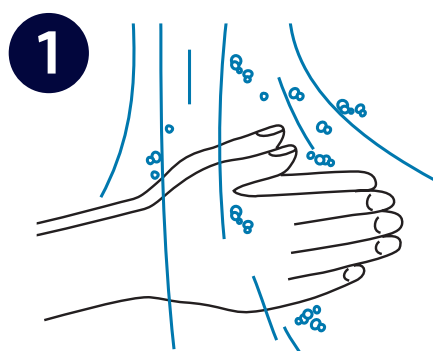


WASHING YOUR HANDS



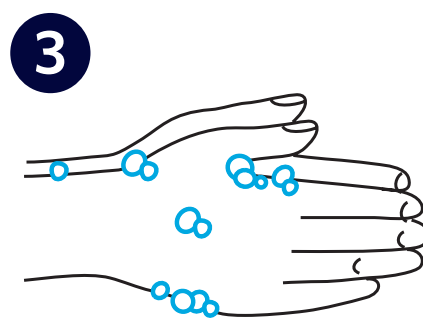
Duration of the entire procedure: 20-30 seconds



1 Wet hands with warm water.



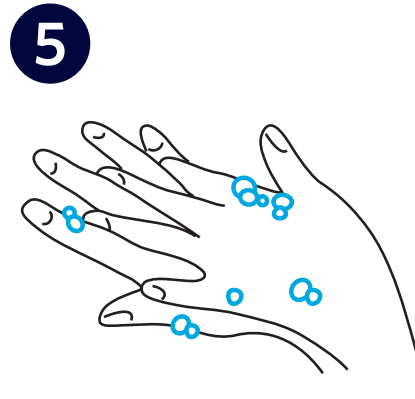
2 Apply soap.



3 Lather soap and rub hands palm to palm.



4 Rub in between and around fingers.



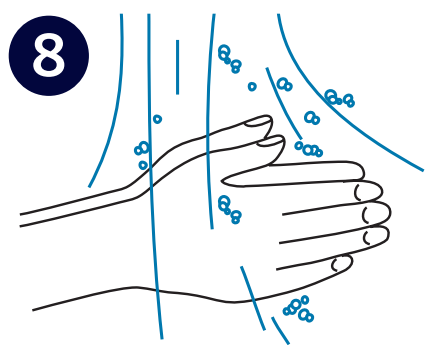
5 Rub back of each hand with palm of other hand.



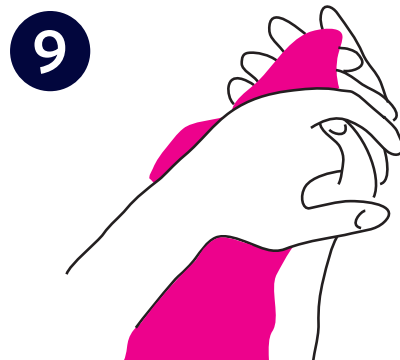
6 Rub fingertips of each hand in opposite palm.



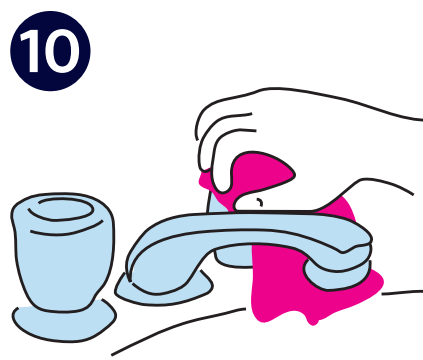
7 Rub each thumb clasped in opposite hand.



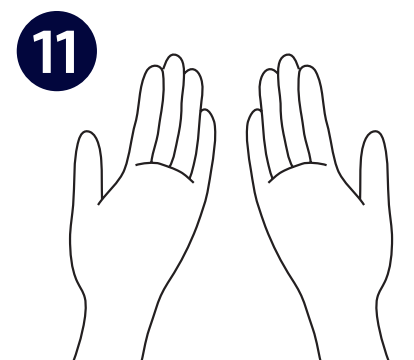
8 Rinse thoroughly under running water.



9 Pat hands dry with paper towel.



10 Turn off water using paper towel.



11 Once dry, your hands are now safe.

Clean hands protect against germs & infection

