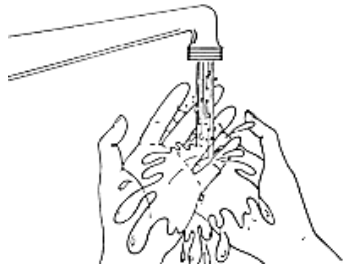


Wash Your Hands



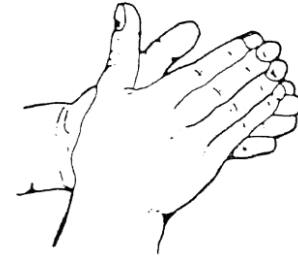
Wash for at least 10 – 20 seconds



1 Remove all jewellery and wet hands with warm water



2 Apply soap to hands



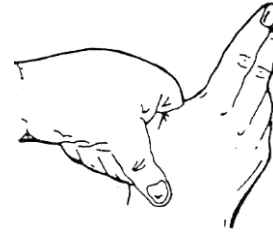
3 Rub hands together



4 Cover all surfaces of the hands and fingers



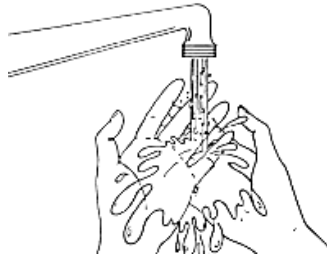
5 Clean knuckles, back of hands and fingers



6 Clean the space between the thumb and the index finger



7 Clean the fingernails by working the fingertips into the palms



8 Rinse well under warm running water



9 Dry with a disposable paper towel, then use the towel to turn off the tap