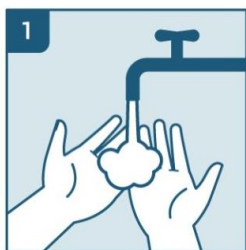


HOW TO WASH YOUR HANDS

Clean hands protect against infection



Wet hands



Use enough soap to cover all hand surfaces



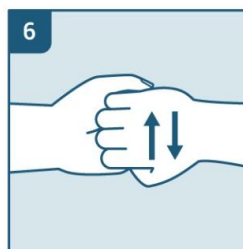
Rub hands palm to palm



Right palm over left dorsum and left palm over right dorsum



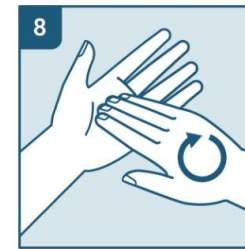
Palm to palm with fingers interlaced



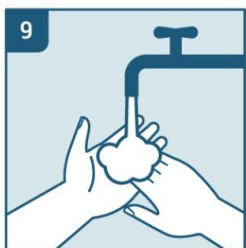
Backs of fingers to opposing palms with fingers interlocked



Rotational rubbing of right thumb clasped in left palm and vice versa



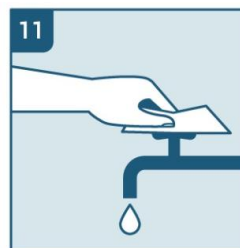
Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa



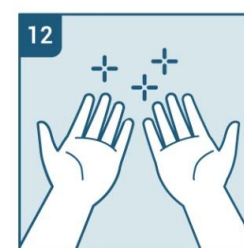
Rinse hands with water



Dry hands thoroughly with a single use towel



Use the towel to turn off the tap



Your hands are clean