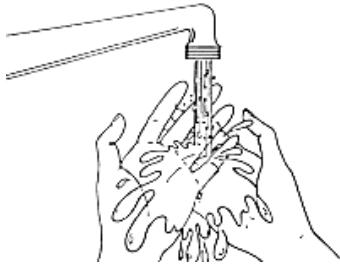


Wash Your Hands

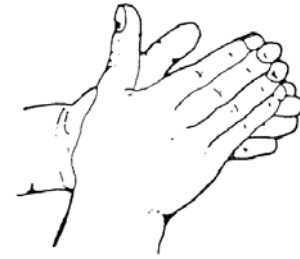
Wash for at least 10 – 20 seconds



- 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



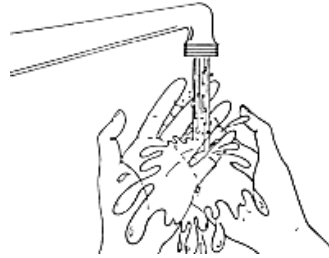
- 5** Clean knuckles, back of hands and fingers



- 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