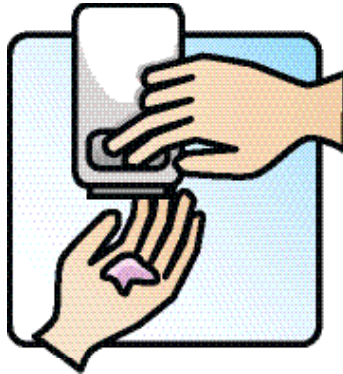


A guide to WASHING YOUR HANDS



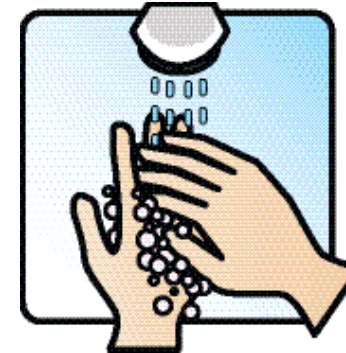
Step 1
Wet Hands

Use warm water to remove any visible dirt or soiling.



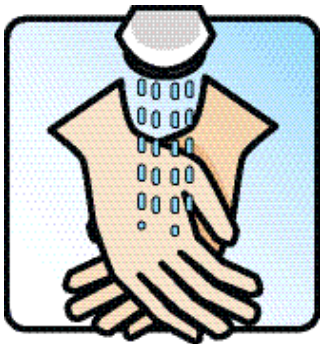
Step 2
Apply Soap

To prevent contamination, always use liquid soap.



Step 3
Lather & Scrub
20 seconds

Clean palms, back of hands, thumbs, each finger, between fingers and fingernails.



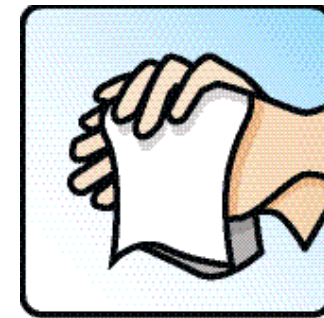
Step 4
Rinse Hands
20 seconds

Rinse under warm running water, pointing your fingers downwards.



Step 5
Turn Off Tap

If possible use a paper towel or your elbow to prevent contamination.



Step 6
Dry Hands

Dry thoroughly using a dry paper towel or a hand dryer.

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