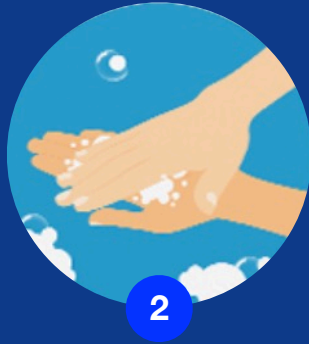


How to Wash your Hands



1
Use Soap and
Warm Water



2
Rub Palm to Palm



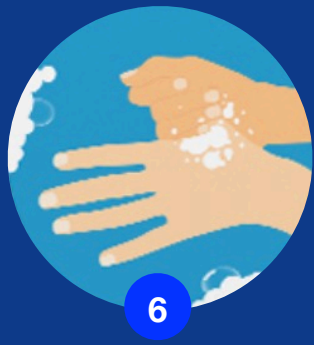
3
Rub the Back of
your Hands



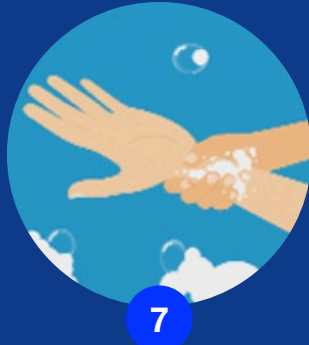
4
Rub your
Fingernails



5
Interlace your
Fingers



6
Wash the Base of
your Thumbs one
by one



7
Rub and Wash
your Wrists



8
Rinse Thoroughly



9
Dry Hands with a
Paper Towel or
Clean Hand Towel



10
Continue to Wash
for 20 Seconds in
Total