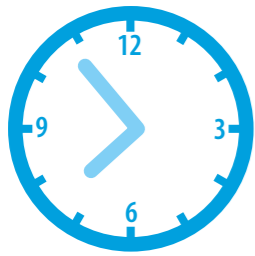


# Wash your hands

## Steps to wash your hands with soap and water



Scrub your hands for at least 40-60 seconds



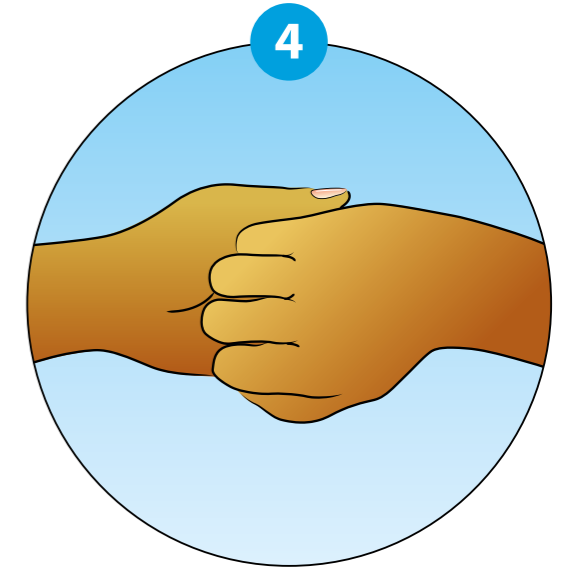
1 Lather hands with soap and water and rub hands palm to palm



2 Right palm over back of left hand with interlaced fingers and vice versa



3 Palm to palm with fingers interlaced



4 Backs of fingers to opposing palm with fingers interlaced



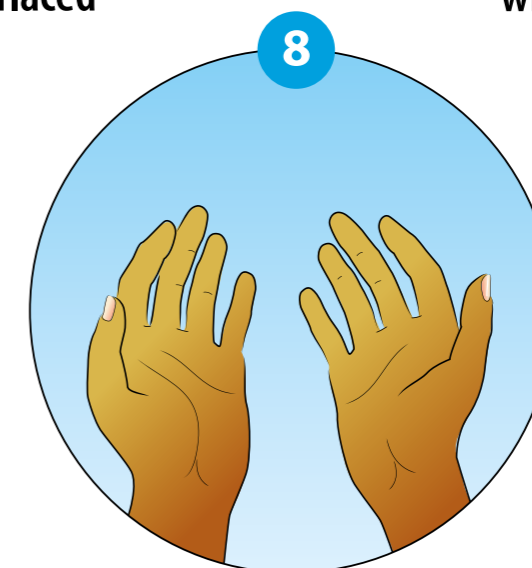
5 Rotational rubbing of left thumb clasped in right palm and vice versa



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



7 Rinse hands with water



8 Dry hands on single use towel and your hands are safe

Spread the word not the germs!

