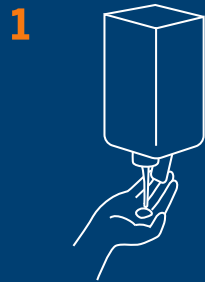


HOW TO WASH YOUR HANDS **PROPERLY**

Good hand hygiene is the easiest way to reduce the spread of infections.



Wet your hands with water.



Apply soap to your hands.



Rub hands palm to palm.



Rub right palm over left dorsum with interlaced fingers and vice versa.



Rub palm to palm with fingers interlaced.



Rub backs of fingers to opposing palms with fingers interlocked.



Do rotational rubbing of left thumb clasped in right palm and vice versa.



Do rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands carefully with water.



Dry hands thoroughly with a single use cotton towel or paper towel.

