

HOW TO WASH YOUR HANDS

PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS



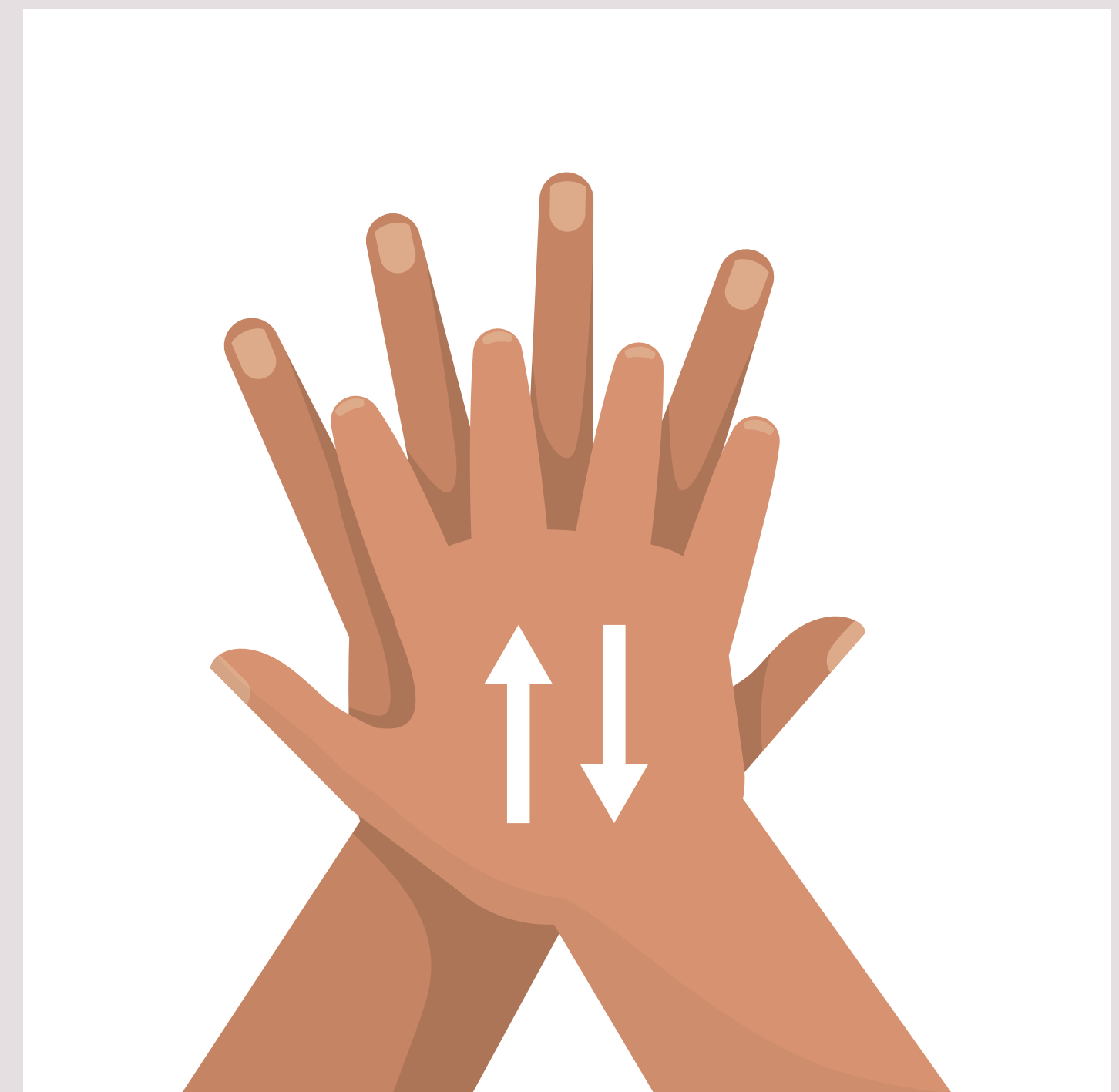
1

Wet your hands with water then apply soap.



2

Begin washing hands for 20 seconds.



3

Don't forget to scrub between your fingers, thumbs, fist, and palm to palm.



4

Rinse with water.



5

Dry with a clean towel.



6

Use the towel to turn off the tap.

WASH HANDS AND STOP GERMS FROM SPREADING