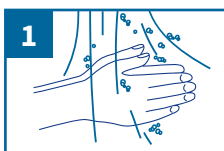


How to properly wash hands

To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand sanitizer. Wash hands for at least 20 seconds or more. Pay special attention to the areas of the hand most frequently missed.

- Keep all nails short
- Avoid wearing rings
- Avoid artificial nails or nail polish
- Remove watches and bracelets
- Wash wrists and forearms if they are likely to have been contaminated
- Make sure that sleeves are rolled up and do not get wet during washing.

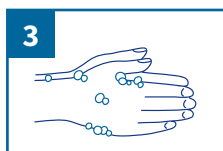
Handwashing with soap and water



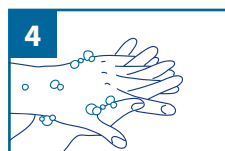
1 Wet hands and wrists



2 Use a sufficient amount of soap



3 Lather soap and scrub well, palm to palm



4 Scrub in between and around fingers



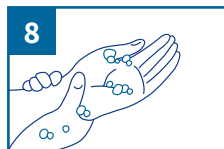
5 Scrub back of wash hand with palm of other hand



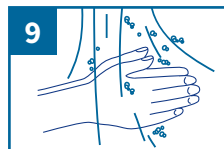
6 Scrub fingertips of each hand in opposite palm



7 Scrub each thumb clapsed in opposite hand



8 Scrub each wrist clapsed in opposite hand



9 Rinse thoroughly under running water



10 Wipe and dry hands well with paper towel

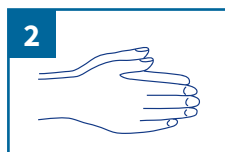


11 Turn off water using paper towel

Cleaning with alcohol sanitizers



1 Apply enough sanitizer to open palms



2 Rub hands together, palm to palm



3 Rub in between and around fingers



4 Rub back of each hand with palm of other hand



5 Rub fingertips of each hand in opposite palm



6 Rub each thumb clapsed in opposite hand



7 Rub each wrist clapsed in opposite hand



8 Keep rubbing until hands are dry. Paper towels are not needed.