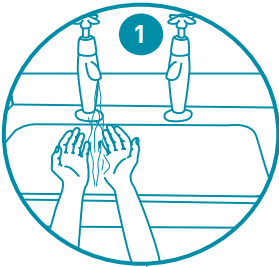




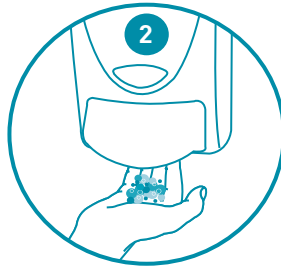
WASH

Hand Washing Guide

Care for your skin and stop the spread of germs



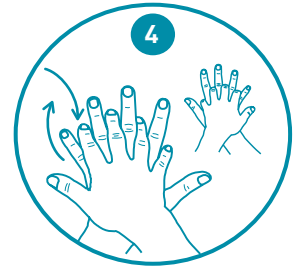
Wet hands with water



Apply a single shot of soap



Rub hands palm to palm



Rub back of each hand with the palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with backs of fingers to opposing palms with fingers interlocked



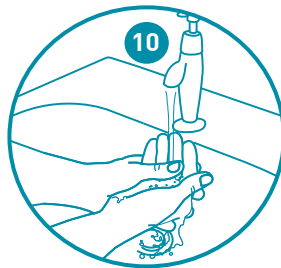
Rub each thumb clasped in opposite hand using rotational movement



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Dry thoroughly

**20-30
secs**