



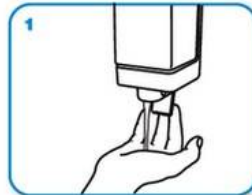
HOW TO WASH YOUR HANDS PROPERLY

(Washing your hands properly takes about as long as singing "Happy Birthday" twice (minimum 20 seconds))

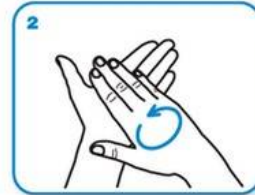
Please note: The same basic principles apply to hand cleansing, whether one uses water or alcohol hand rub solutions.



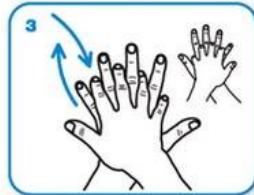
Wet hands with water



apply enough soap to cover all hand surfaces.



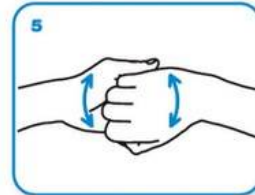
Rub hands palm to palm



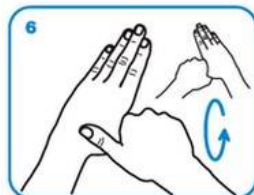
right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



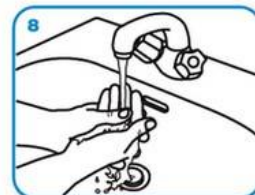
backs of fingers to opposing palms with fingers interlocked



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



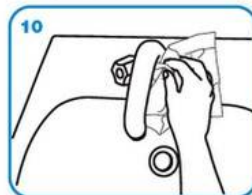
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



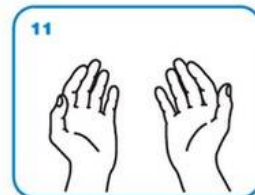
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.