

CLEAN HANDS PROTECT AGAINST INFECTION

Protect yourself.

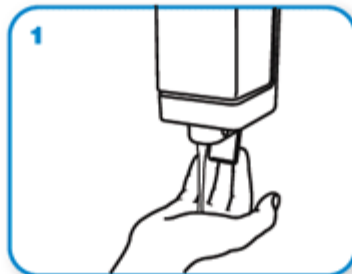
- Clean your hands regularly.
- Wash your hands with soap and water, and dry them thoroughly.
- Use alcohol-based hand cleaner if you don't have immediate access to soap and water.

How do I wash my hands properly?

Washing your hands properly takes about as long as singing "Happy Birthday" twice, using the images below.



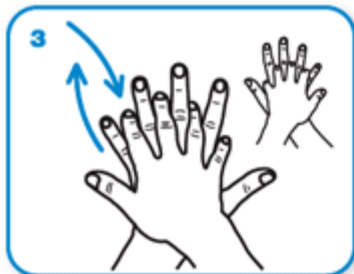
0 Wet hands with water



1 apply enough soap to cover all hand surfaces.



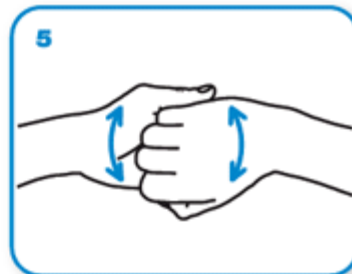
2 Rub hands palm to palm



3 right palm over left dorsum with interlaced fingers and vice versa



4 palm to palm with fingers interlaced



5 backs of fingers to opposing palms with fingers interlocked



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



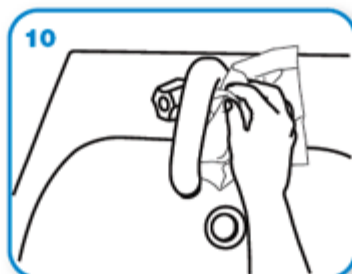
7 rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



8 Rinse hands with water



9 dry thoroughly with a single use towel



10 use towel to turn off faucet



11 ...and your hands are safe.