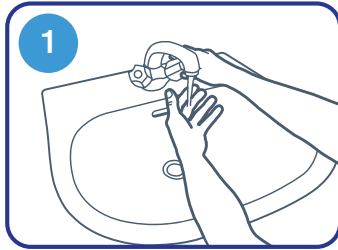


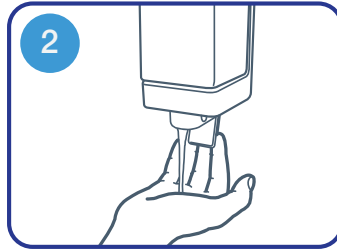


Best practice: how to hand wash

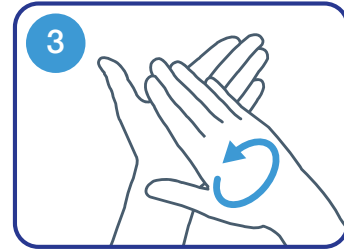
With soap and water Steps 3-8 should take at least 15 seconds



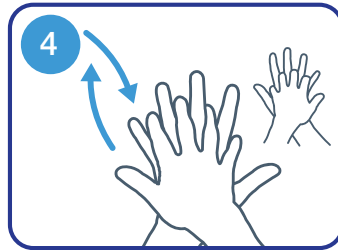
Wet hands with water



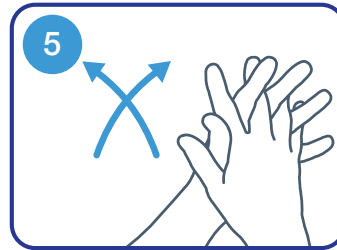
Apply enough soap to cover all hand surfaces



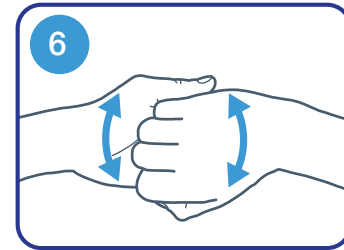
Rub hands palm to palm



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



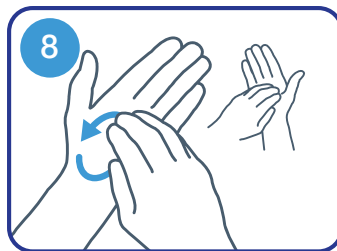
Rub palm to palm with fingers interlaced



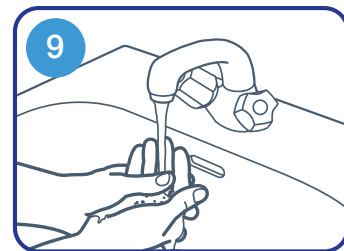
Rub with backs of fingers to opposing palms with fingers interlaced



Rub each thumb clasped in opposite hand using rotational movement



Rub tips of fingers in opposite palm in a circular motion

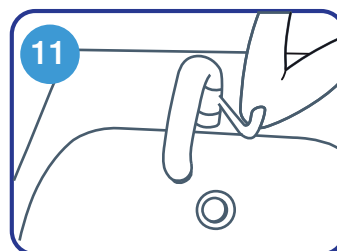


Rinse hands with water

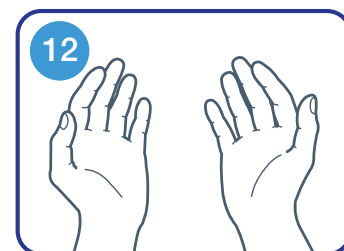
Steps 3-8 should take at least 15 seconds



Dry roughly with a single-use towel



Use elbow or a hand towel to turn off tap



Your hands are now safe