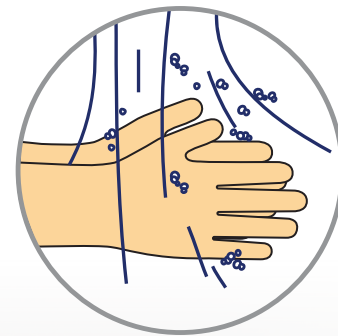


HAND WASHING TECHNIQUE WITH SOAP AND WATER

Accelerate
action
together

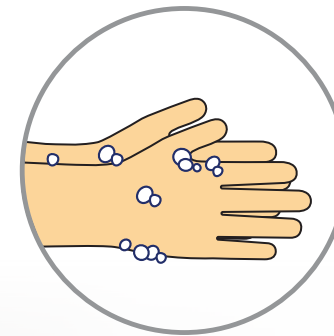
Entire procedure: 20-30 second duration



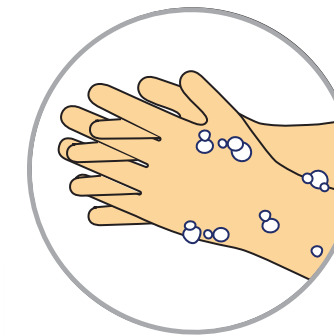
1 Wet hands with warm water.



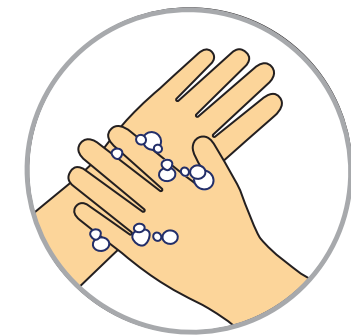
2 Apply enough soap to cover entire surface of hands.



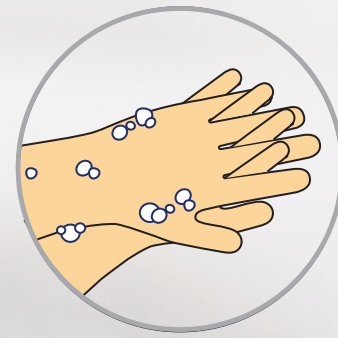
3 Vigorously rub soap palm to palm.



4 Rub back of each hand with palm of other hand.



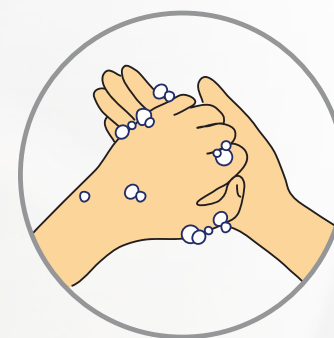
5 Clean your wrists.



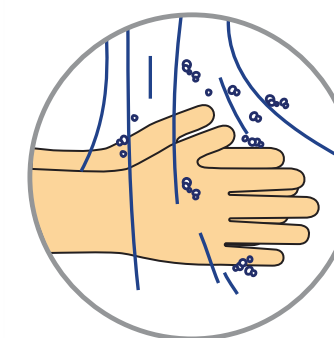
6 Rub in between and around fingers.



7 Rub each thumb clasped in opposite hand.



8 Rub fingers of each hand in opposite palm.



9 Rinse all aspects of hands under running water.



10 Pat hands dry with disposable paper towel, then use towel to turn off faucet.

11 Dispose of paper towel in waste basket.

