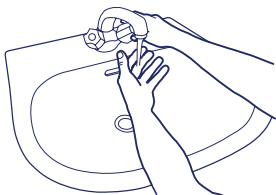




HOW TO HANDWASH

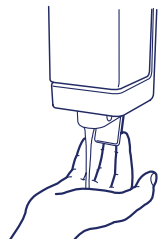
Handwashing takes 20 seconds — enough time to sing your ABCs!

1



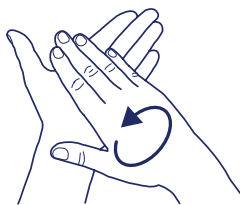
Wet hands with water.

2



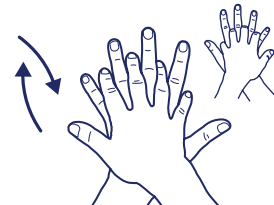
Apply enough soap to cover all hand surfaces.

3



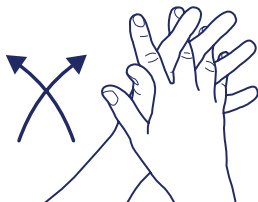
Rub hands palm to palm.

4



Right palm over left dorsum with interlaced fingers and vice versa.

5



Palm to palm with fingers interlaced.

6



Backs of fingers to opposing palms with fingers interlocked.

7



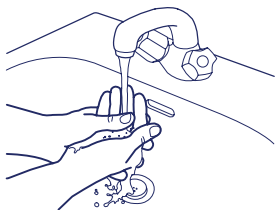
Rotational rubbing of left thumb clasped in right palm and vice versa.

8



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

9



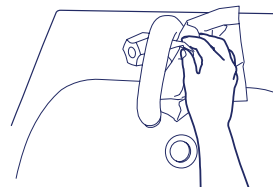
Rinse hands with water.

10

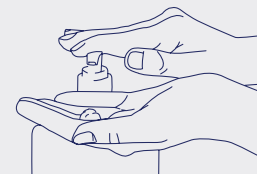


Dry hands thoroughly.

11



Use towel to turn off faucet.



HOW TO HAND-RUB

Follow steps 2 - 8 with an alcohol-based product, if hands are not **visibly** soiled.