

HOW TO WASH YOUR HANDS¹

Wash hands with soap and water when visibly soiled. Otherwise use alcohol-based hand rub.

DURATION OF THE ENTIRE PROCEDURE : 40 - 60 Seconds



1
WET HANDS WITH WATER



2
APPLY ENOUGH SOAP TO COVER ALL HAND SURFACES



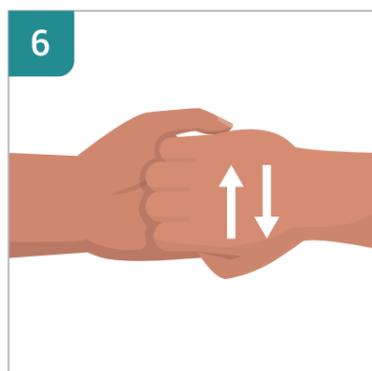
3
RUB HANDS PALM TO PALM



4
RIGHT PALM OVER LEFT DORSUM WITH INTERLACED FINGERS AND VICE VERSA



5
PALM TO PALM WITH FINGERS INTERLACED



6
BACKS OF FINGERS TO OPPOSINGS 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



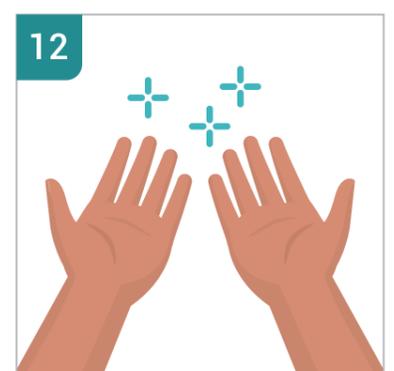
9
RINSE HANDS WITH WATER



10
DRY HANDS THOROUGHLY WITH A SINGLE USE TOWEL



11
USE TOWEL TO TURN OFF FAUCET



12
YOUR HANDS ARE NOW SAFE