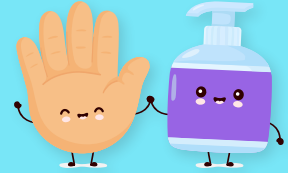


# WASHING YOUR HANDS



**STEP 1:** Wet hands under warm running water.



**STEP 2:** Add soap to aid cleaning and to kill germs.



**STEP 3:** Rub well for at least 15 seconds.



Remember  
Rub the front  
and the back of  
your hands well  
and between  
your fingers.



**STEP 4:** Rinse well under warm running water.



**STEP 5:** Dry hands with clean paper towels.

