

## A simple guide to hand washing



Turn on tap and wet hands



Apply soap and scrub thoroughly



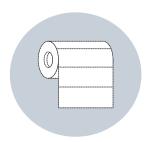
Include knuckles, wrists, finger nails, between fingers and back of hands



Rinse hands thoroughly



Hand washing should take at least 30 seconds



Use paper towel to turn off tap and dispose



Use clean paper towel to dry hands thoroughly and dispose