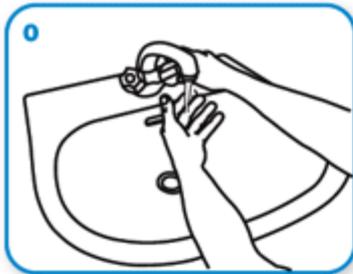
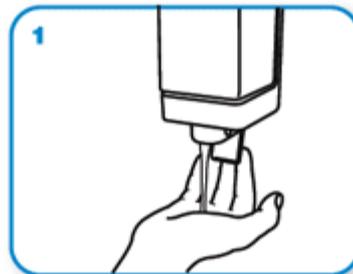


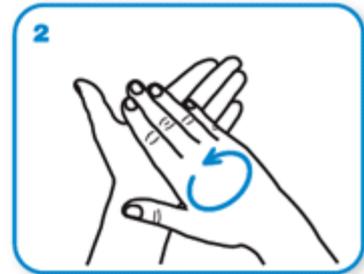
# EFFECTIVE HAND WASHING TECHNIQUE



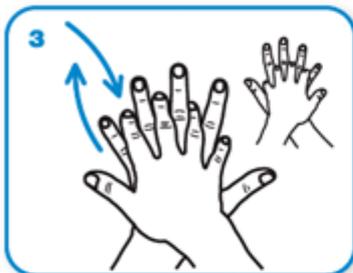
Wet hands with water



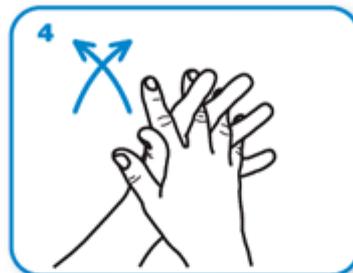
apply enough soap to cover all hand surfaces



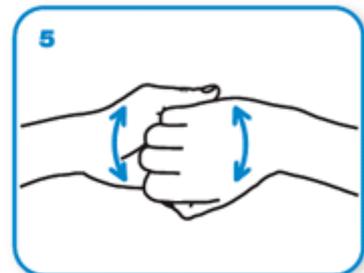
Rub hands palm to palm



right palm over back of left hand with interlaced fingers and vice versa



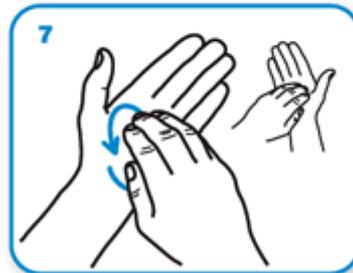
palm to palm with fingers interlaced



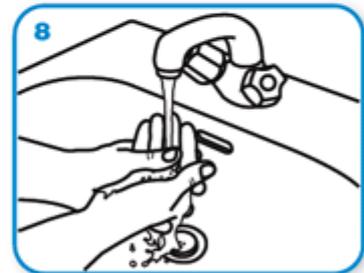
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



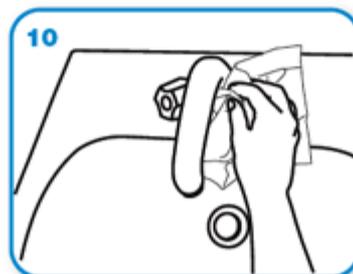
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



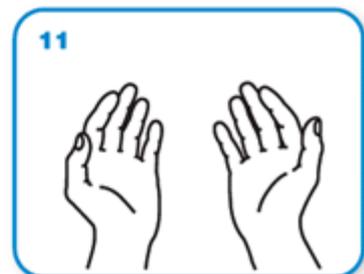
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn of tap



...and your hands are safe.