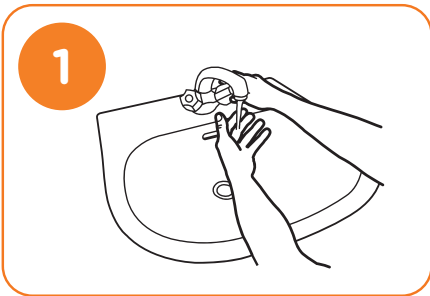


How to hand wash

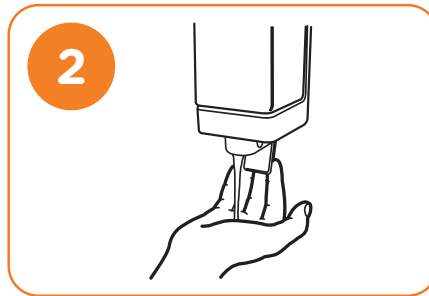
Wash hands when visibly soiled. Otherwise, use handrub with hand sanitiser.



Length of time to spend washing: 40-60 seconds



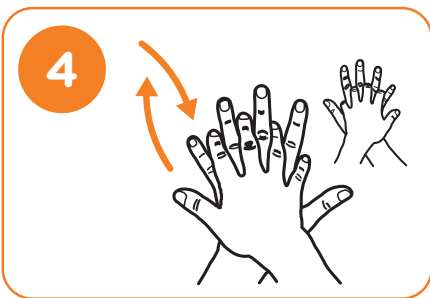
1 Wet hands with water



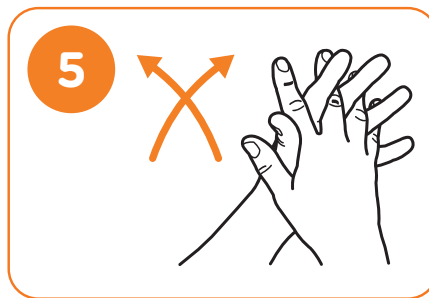
2 Apply enough soap to cover all hand surfaces



3 Rub hands palm to palm



4 Right palm over the back of the left hand with interlaced fingers and do same on other hand



5 Palm to palm with fingers interlaced



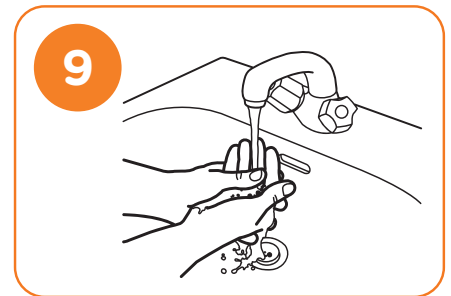
6 Backs of fingers to opposite palm with fingers interlocked



7 Rotational rubbing of left thumb clasped in right palm and do same on other hand



8 Rub in a circle with clasped fingers of right hand in left palm do same on other hand



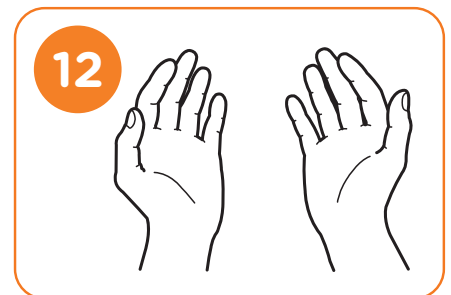
9 Rinse hands with water



10 Dry hands thoroughly with a single-use disposable paper towel



11 Use single use towel or piece of tissue to turn off tap



12 Your hands are now safe

