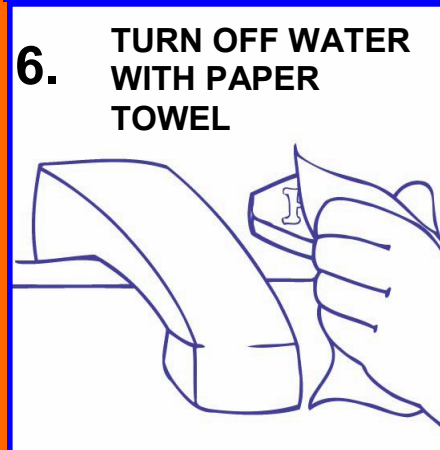
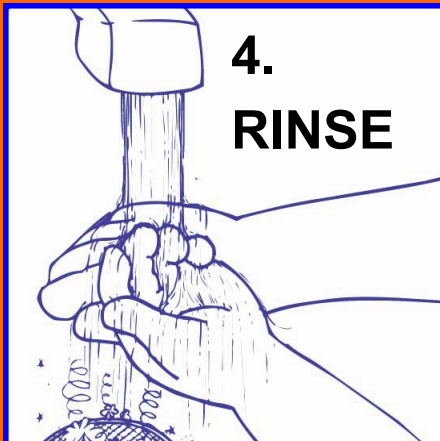
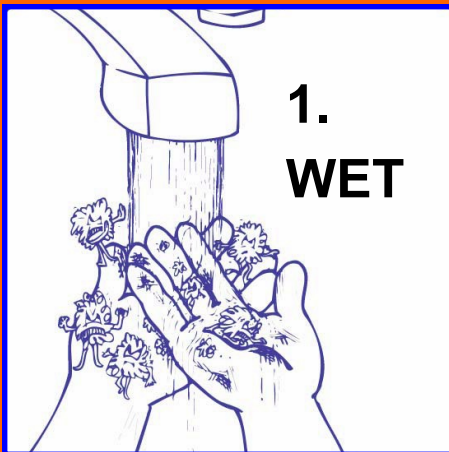


Clean Your Hands!



How to wash your hands with soap and water:

- Use soap and warm, running water.
- Keep fingers pointing down
- Rub hands vigorously for 20 seconds. Wash all surfaces:
 - Back of hands
 - Wrists
 - Between fingers
 - Tips of fingers
 - Thumbs
 - Under fingernails
- Dry vigorously with paper or clean cloth towel.
- Turn off faucet with towel and open door

How it works:

- The soap suspends the dirt and soils.
- The friction motion helps pull dirt and greasy or oily soils free from the skin.
- Warm running water washes away suspended dirt and soils that trap germs.
- Final friction of wiping hands removes more germs..

Wash your hands with soap and water when your hands are visibly soiled. If soap and water is not available, use alcohol-based handrub (wipes or gel).

How to clean your hands with a alcohol-based handrub:

- Apply a dime sized amount of handrub gel to the palm of one hand or use a alcohol-based handrub wipe.
- Rub hands together covering all surfaces of hands and fingers until handrub is absorbed.

