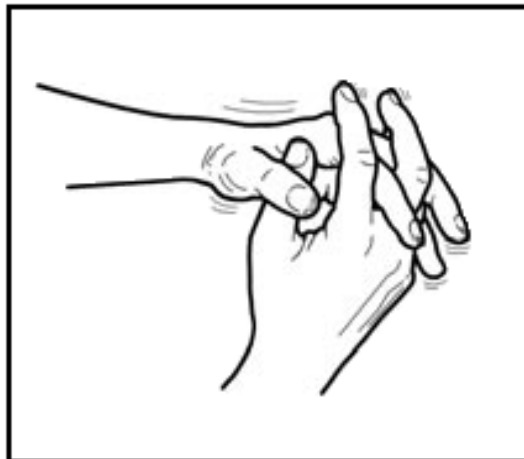


## Hand Washing Technique

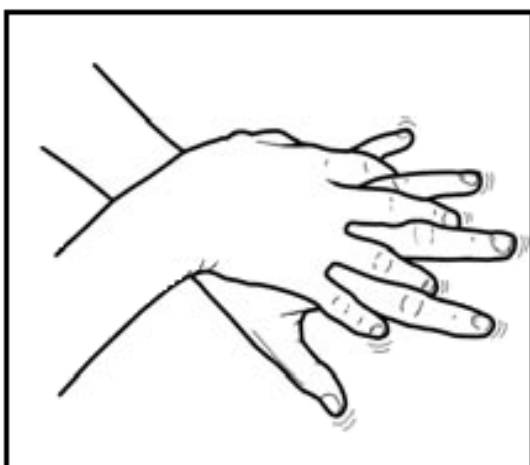
1. Use soap and water
2. Vigorously wash hands for 20 to 30 seconds, using the following pictures as guides
3. Rinse hands with water
4. Dry hands thoroughly



1. Wash palms



2. Wash between fingers



3. Wash back of hands



4. Wash wrists