

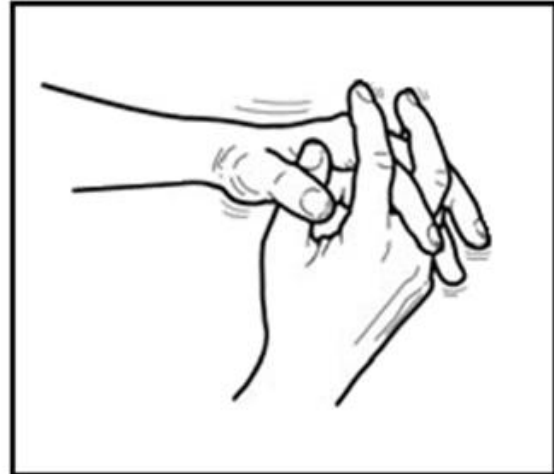
Hand Washing Technique



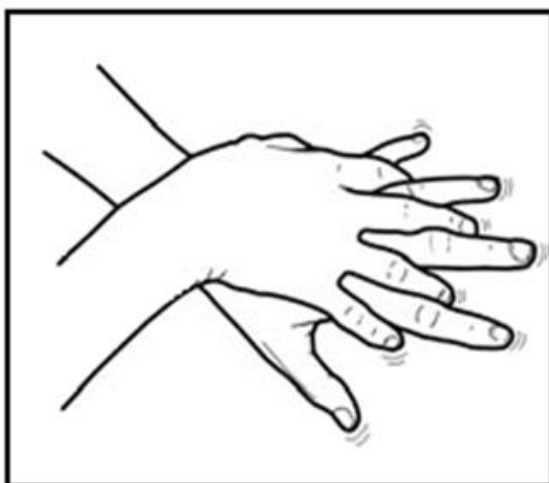
1. Use soap and water
2. Vigorously wash hand for 20 to 30 seconds – see pictures below
3. Rinse hands with running water
4. Dry hands thoroughly



1. Wash palms



2. Wash between fingers



3. Wash back of hands



4. Wash wrists