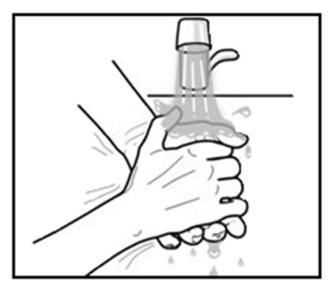
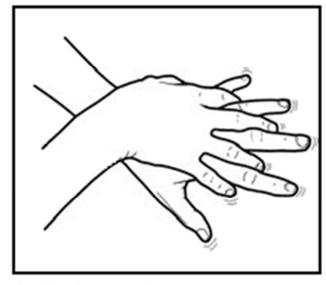
Hand Washing Technique

- 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

