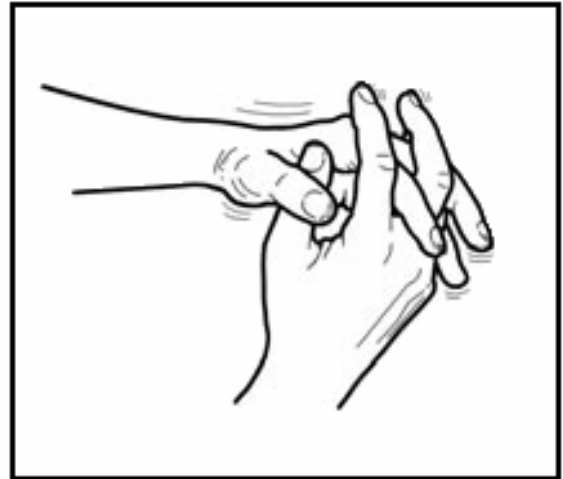


# Hand Washing Technique

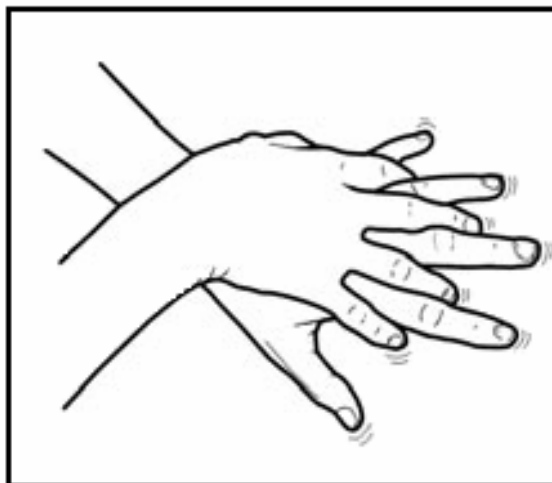
1. Use soap and water
2. Vigorously wash hands for 20 to 30 seconds, using the following pictures as guides
3. Rinse hands with water
4. Dry hands thoroughly



1. Wash palms



2. Wash between fingers



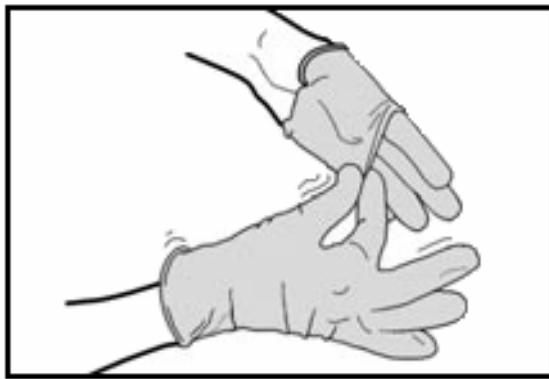
3. Wash back of hands



4. Wash wrists

# Removal of Gloves Technique

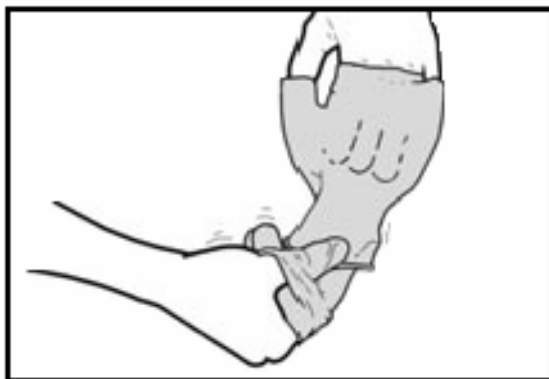
1. Use the following pictures as a guide to help you remove gloves safely
2. Avoid touching the outside of the gloves. Only touch the inside
3. Wash hands after removing and disposing of gloves in a sealable bag



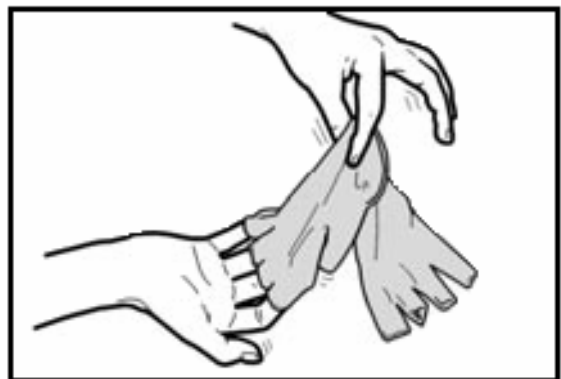
1. Grasp one glove at wrist and pull down to knuckles



2. Grasp other glove at wrist and pull down to knuckles



3. Grasp wrist end of one glove and pull it off completely



4. Remove other glove in a similar way, touching only the inside of gloves



5. Dispose of gloves in a sealable plastic bag



6. Wash hands after removing and disposing of gloves