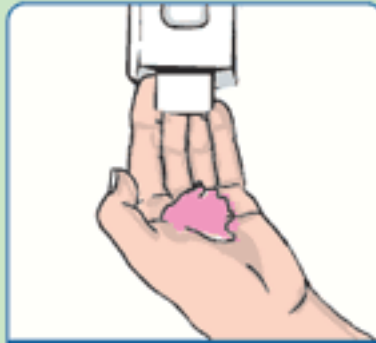


FIGHT GERMS BY WASHING YOUR HANDS!



1 Wet your hands



2 Soap



3 Lather and scrub - 20 sec



4 Rinse - 10 sec



5 Turn off tap



6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

Prevent Infection - Wash Your Hands

When to Wash Your Hands:

- Before and after, medical treatment, taking medication, dressing changes and eye drops.
- Before and after handling food or eating.
- Before and after using the bathroom or eating.
- Sneezing, blowing your nose or coughing.
- Coming in contact with bodily fluids.
- Touching a cut or open sore.

How to Wash Your Hands:

- Wet your hands with WARM, running water. Add soap and rub hands together, front and back between fingers and under nails for about 20 seconds.
- Rinse.
- Dry hands with a clean paper towel.
- Turn off water with your used paper towel(s) before throwing it away.
- When using antibacterial hand gel obtain a grape size drop into one hand and spread over both hands to the wrists until dry.