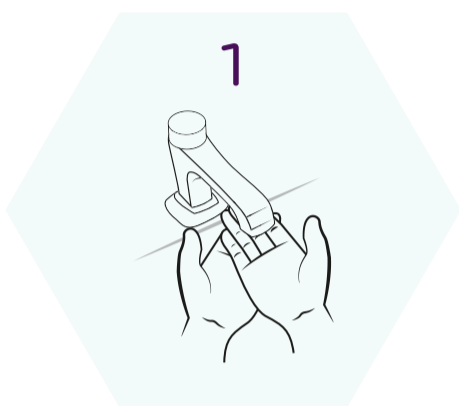


How to wash your hands

External Service for Prevention and Protection



1
Wet hands with water



2
Apply enough soap



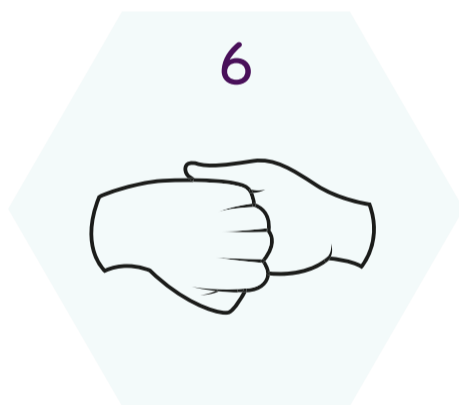
3
Rub hands palm to palm



4
Right palm over left dorsum with interlaced fingers and vice versa



5
Palm to palm with fingers interlaced



6
Rub the backs of fingers on the opposing palms



7
Rotational rubbing of thumb clasped in your palm



8
Rotational rubbing, backwards and forwards with clasped fingers in your palm



9
Rinse hands with water



10
Dry thoroughly with a single use towel



11
Use the towel to turn off the faucet



12
... and your hands are safe