

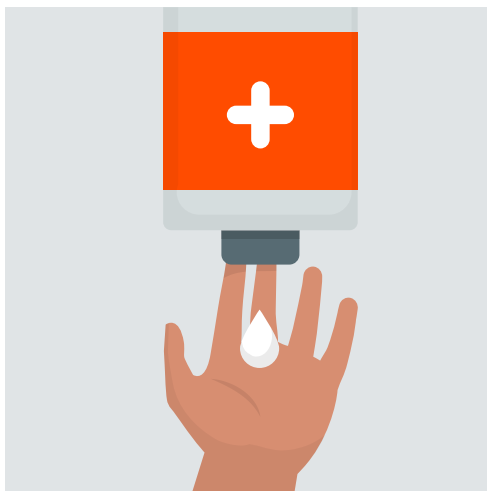
HOW TO WASH YOUR HANDS

PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS



1

Wet your hands with clean, running water (warm or cold).



2

Apply soap.



3

Lather the backs of your hands, between your fingers, and under your nails.



4

Rinse your hands well under clean, running water.



5

Dry your hands using a clean towel or air-dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.