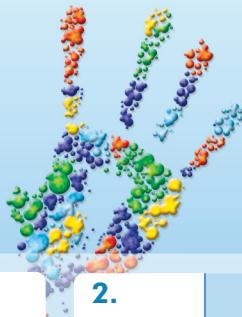


CLEAN HANDS PROTECT LIVES.

Your Health Care - Be Involved



How to HANDWASH

1.



Wet hands
with warm water.

2.



Apply soap and
lather onto hands.

3.

Wash both
sides of hands
and between
fingers.



4.

Rinse hands
under running
water.



5.

Pat hands
dry with
paper towel.
Turn off tap
with paper towel.



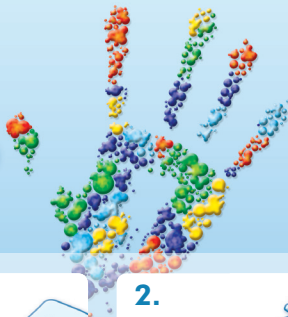
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CLEAN HANDS PROTECT LIVES.

Your Health Care - Be Involved



How to **HANDRUB**

1.

Apply hand
rub gel or
foam to palm
of hand.



2.

Spread over
both sides
of hands and
between fingers.



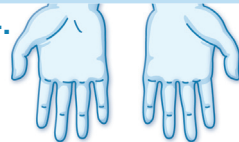
3.

Rub hands
together for
at least 15
seconds or
until dry.



4.

Once dry, your
hands are safe.



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