

# WASH YOUR HANDS



1. GET YOUR HANDS WET WITH WARM WATER.



2. APPLY ENOUGH DISINFECTANT SOAP TO COVER YOUR HANDS.



3. RUB HANDS TOGETHER IN A ROTARY METHOD.



4. SCRUB BOTH SIDES OF YOUR HANDS AND BETWEEN YOUR FINGERS.



5. RINSE OFF ALL THE SOAP WITH WARM WATER.



6. DRY YOUR HANDS WITH A CLEAN TOWEL.