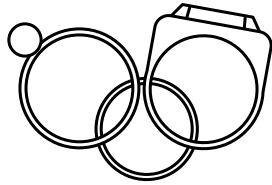


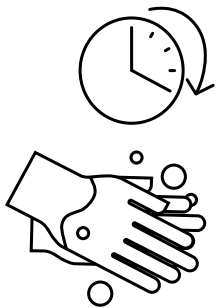
# How to Wash Your Hands?



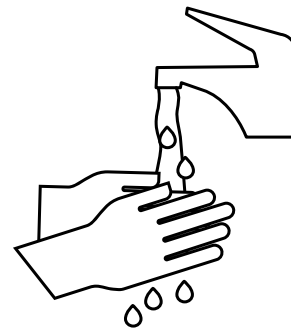
1. Remove all rings, wrist watch and bracelets



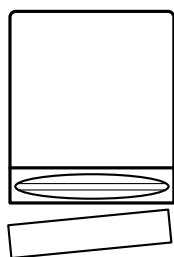
2. Wet hands with water and enough soap to cover all surfaces



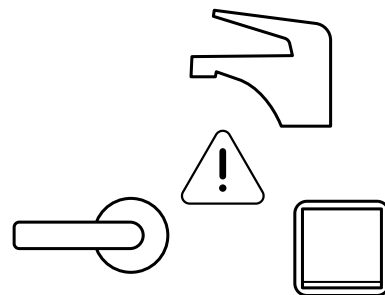
3. Rub hands palm to palm, also with fingers interlaced for 20 seconds



4. Rinse hands with running water



5. Dry your hands thoroughly with a single use towel or towel roll



6. Protect your hands from touching dirty surfaces while in the washroom



7. ...and you are safe!