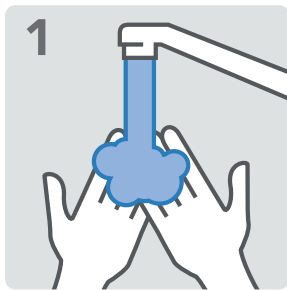


# HAND-WASHING PROCEDURE

Washing your hands is one of the most effective ways to prevent the spread of germs.

Follow these steps every time you wash your hands:



Wet your hands with clean, hot, running water.



Lather your hands with soap.



Scrub the backs of your hands, between your fingers and under your nails for at least 20 seconds.



Rinse your hands well under clean, running water.



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



Use a towel to turn off the faucet.