

WASH YOUR HANDS



1 Remove jewellery & watch. Wet hands with warm water.



2 Be sure to use lots of soap.



3 Lather for 15-20 seconds. Clean wrists, palms, back of hands & between fingers.



4 Rinse with warm water. Be sure not to touch the side of the sink.



5 Dry hands completely with paper towel or with an air dryer.



6 Use a paper towel to turn off water & open door, protecting hands from being recontaminated.