

WASH YOUR HANDS

OFTEN AND WELL



Remove jewellery and watch.
Wet hands with warm water.



Use lots of soap.



Scrub 20 seconds.
Clean wrists, palms, back of hands, and between fingers.



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



Dry completely
with paper towel or with an air dryer.



Use a paper towel to turn off water and open door **to protect from recontamination.**

