WASH YOUR HANDS
OFTEN AND WELL

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

2. Use lots of soap.

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

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

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

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

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