

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.