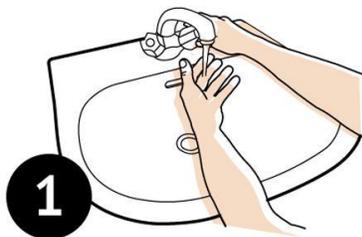
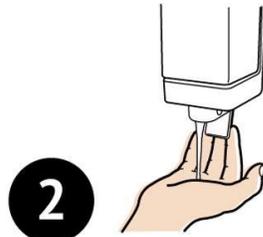


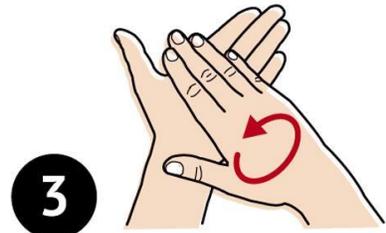
HOW TO WASH YOUR HANDS PROPERLY TO AVOID VIRUSES



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



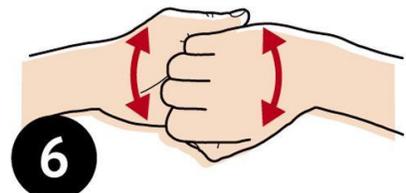
3 Rub hands palm to palm



4 Right palm over left dorsum with interlaced fingers and vice versa



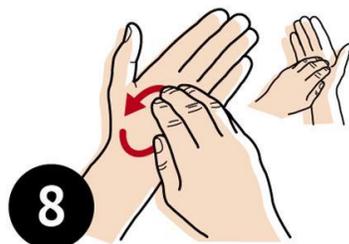
5 Palm to palm with fingers interlaced



6 Backs of fingers to opposing palms with fingers interlocked



7 Rotational rubbing of left thumb clasped in right palm and vice versa



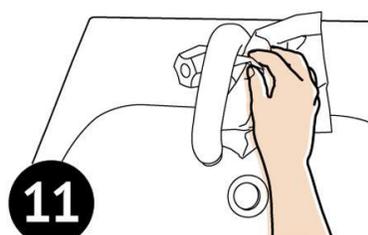
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



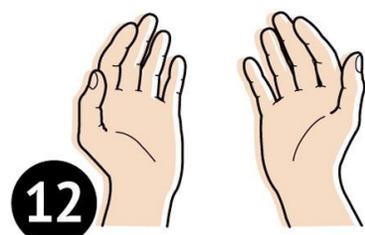
9 Rinse hands with water



10 Dry hands thoroughly with a single use towel



11 Use towel to turn off tap



12 Hands are now safe