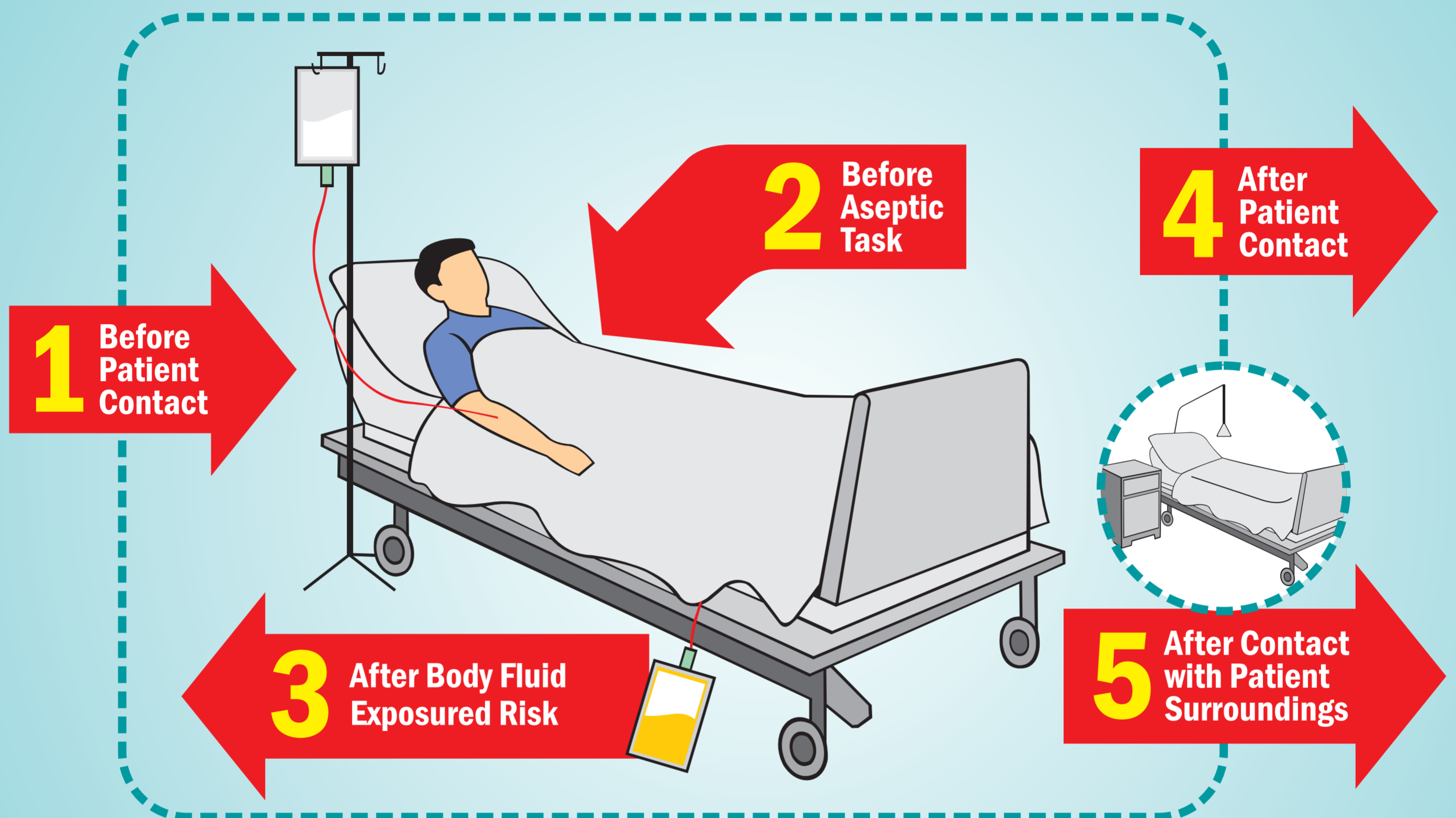


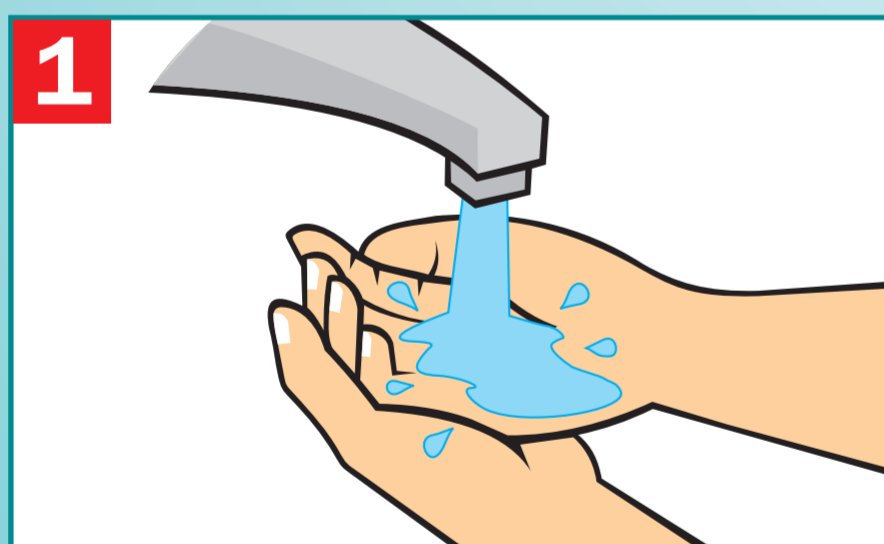
# HAND HYGIENE

## Stop Germs Spreading

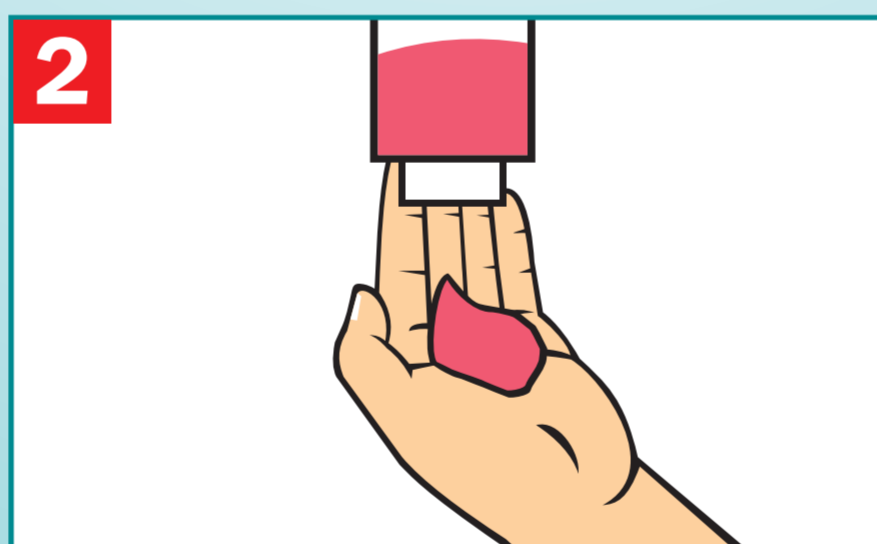
Wash your hands at these moments :



Wash your hands the right way



**1** Wet your hands under warm running water.



**2** Apply soap.



**3** Rub hands palm to palm for 20 seconds. Wash backs of hands, wrists, between fingers, and under fingernails.



**4** Rinse hands well under running water.



**5** Dry hands with paper towel or hand dryer.



**6** Turn off running water with a paper towel, NOT with bare hands.