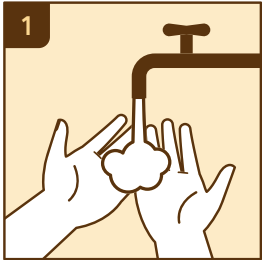


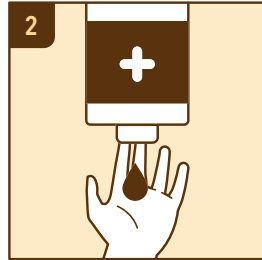


# HOW TO WASH YOUR HANDS

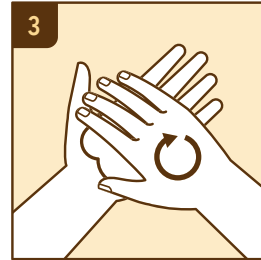
PROTECT YOURSELF AND OTHERS AGAINST THE SPREAD OF VIRUSES



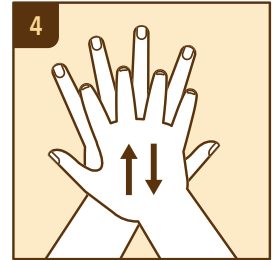
1  
WET HANDS WITH WARM WATER



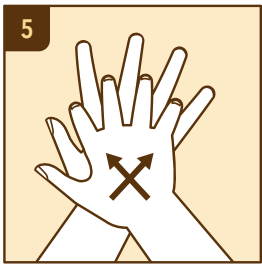
2  
APPLY SOAP TO COVER SURFACES OF HANDS



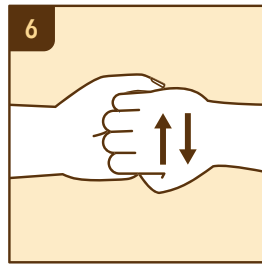
3  
RUB HANDS PALM TO PALM



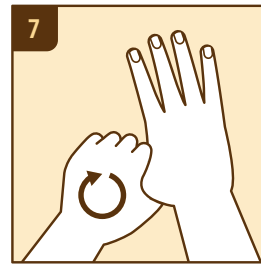
4  
LATHER THE BACKS OF YOUR HANDS



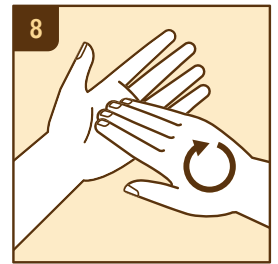
5  
SCRUB BETWEEN YOUR FINGERS



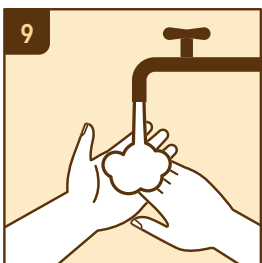
6  
SCRUB THE BACKS OF YOUR FINGERS



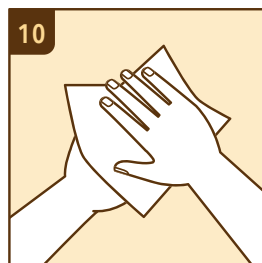
7  
SCRUB THUMBS



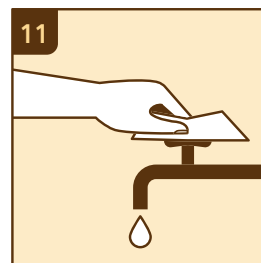
8  
SCRUB FINGERNAILS AND FINGERTIPS



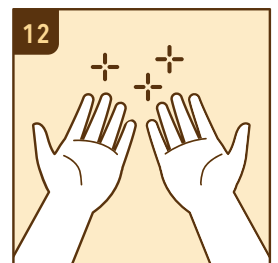
9  
RINSE HANDS WITH WARM WATER



10  
DRY WITH A SINGLE USE TOWEL



11  
USE THE TOWEL TO TURN OFF FAUCET



12  
YOUR HANDS ARE CLEAN

## Prevent the spread of viruses by following these simple practices:

- Stay home when you are feeling sick and call **811 (Health Line)** for advice, if necessary.
- Keep your hands away from your mouth, nose and eyes.
- Follow up with your doctor.
- Prevention is key!

