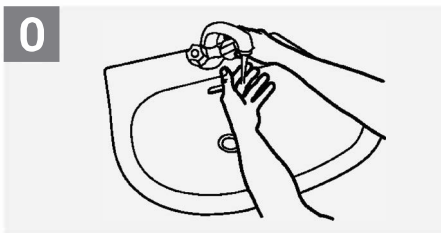


HOW TO HANDWASH?

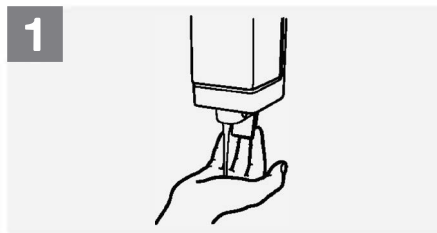
WASH YOUR HANDS: after going to the toilet, before handling any food, after handling rubbish, after using a tissue/handkerchief, before and after eating, drinking or smoking.

Duration of the handwash (steps 2 - 7): 15 seconds

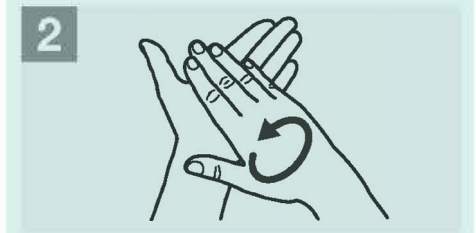
Duration of the entire procedure: 40 seconds



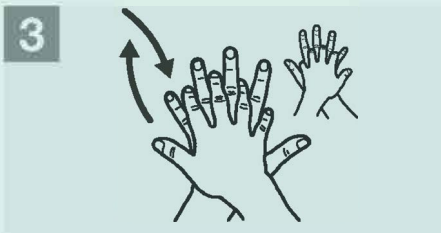
Wet hands with water



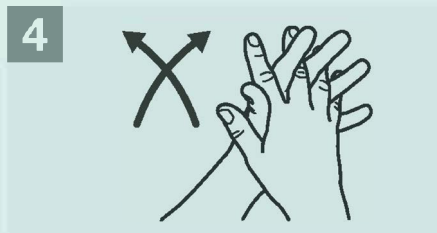
Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Right palm over left with interlaced fingers and vice versa



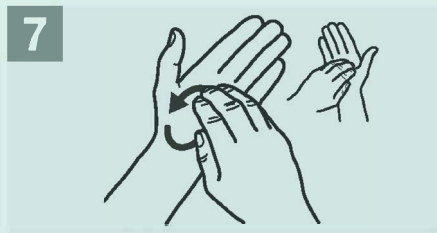
Palm to palm with fingers interlaced



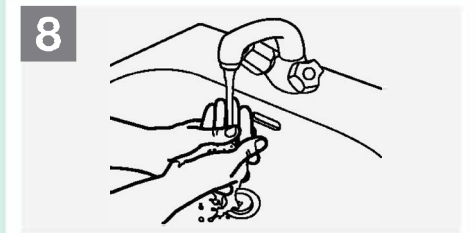
Backs of fingers to opposing palms with fingers interlocked



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



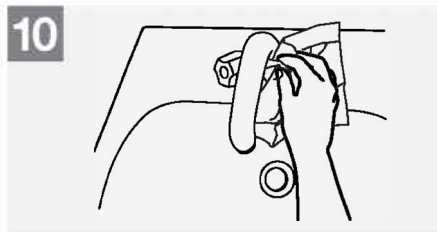
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



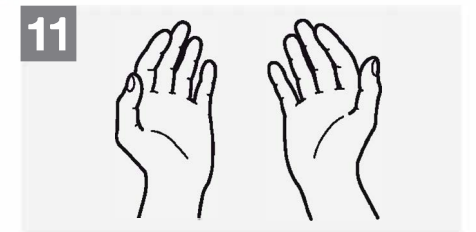
Rinse hands with water



Dry hands thoroughly with a single use towel



Use towel to turn off faucet



Your hands are now safe and clean