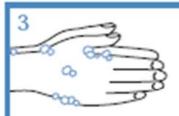
Handwashing with soap and water



Remove jewellery and wet hands and wrists with warm water.



Use 1 or 2 squirts of liquid or foam soap.



Lather soap and scrub hands well, palm to palm.



Scrub in between and around fingers.



Serub back of each hand with palm of other hand.



Scrub fingertips of each hand in opposite palm.



Scrub each thumb clasped in opposite hand.



Scrub each wrist clasped in opposite hand.



Rinse thoroughly under running water.



Pat hands dry with paper towel.



Turn off water using same paper towel.