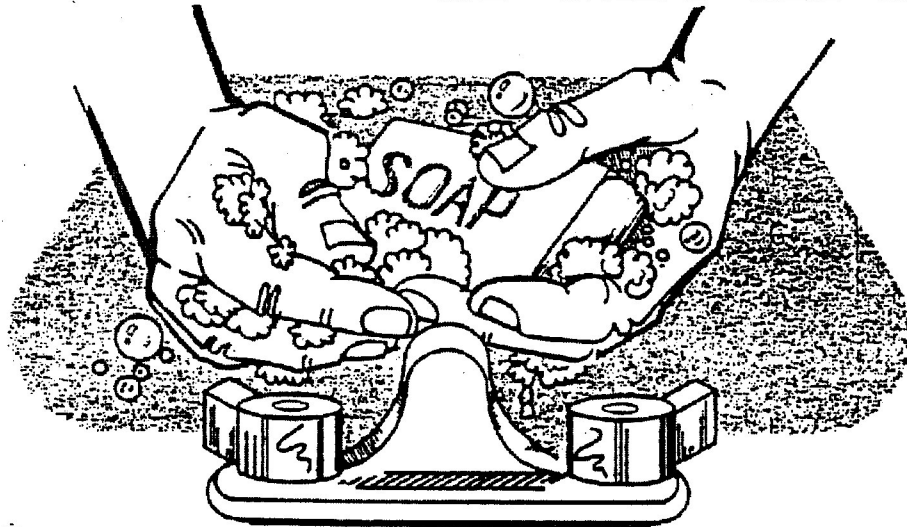


THE



METHOD OF HAND WASHING



- ① Use SOAP and RUNNING WATER
- ② RUB your hands vigorously
- ③ WASH ALL SURFACES, including:
 - ④ backs of hands
 - ④ wrists
 - ④ between fingers
 - ④ under fingernails
- ④ RINSE well
- ④ DRY hands with a paper towel
- ④ Turn off the water using a PAPER TOWEL instead of bare hands

