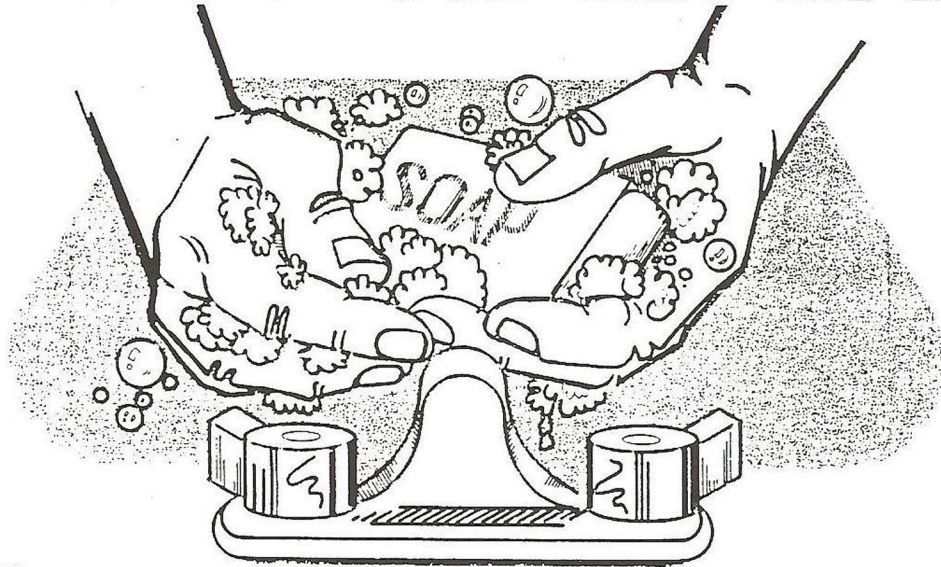


THE



METHOD OF HAND WASHING



- ① Use SOAP and RUNNING WATER
- ② RUB your hands vigorously
- ③ WASH ALL SURFACES, including:
 - ④ backs of hands
 - ⑤ wrists
 - ⑥ between fingers
 - ⑦ under fingernails
- ⑧ RINSE well
- ⑨ DRY hands with a paper towel
- ⑩ Turn off the water using a PAPER TOWEL instead of bare hands

