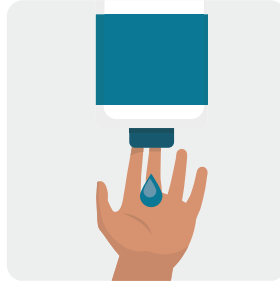


HOW TO WASH YOUR HANDS

1 Make hands wet



With water

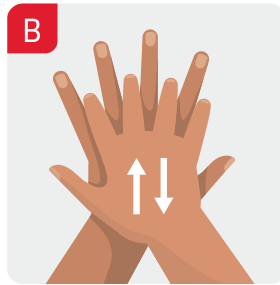


With soap

2 Rub well (40-60 sec)



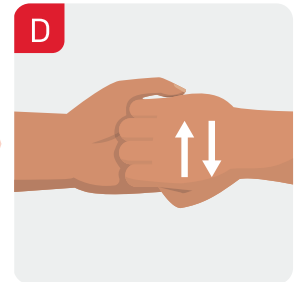
Palms against each other



Upper side of the hands



Between the fingers



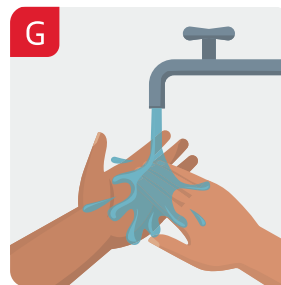
Fingertips



Thumbs in hand palm



Nails

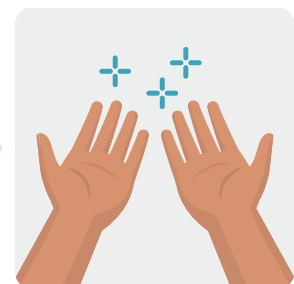
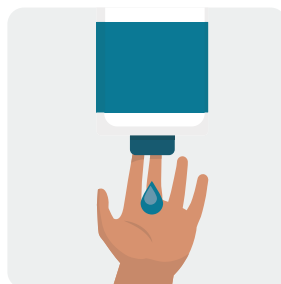


Flush



Dry your hands

3 Disinfection (20-30 sec)



Hands should be clean to ensure the hand sanitizer works properly!