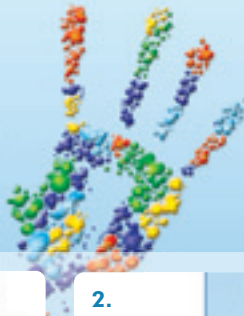


# CLEAN HANDS PROTECT LIVES.

Your Health Care – Be Involved



## How to HANDWASH

1.



Wet hands with  
warm water.

2.



Apply soap and  
lather onto hands.

3.



Wash both sides  
of hands and  
between fingers.

4.



Rinse hands under  
running water.

5.



Pat hands dry  
with paper  
towel. Turn off  
tap with paper towel.



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# CLEAN HANDS PROTECT LIVES.

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## How to HANDRUB

1.

Apply hand rub gel or foam to palm of hand.



2.

Spread over both sides of hands and between fingers.



3.

Rub hands together for at least 15 seconds or until dry.



4.

Once dry, your hands are safe.

