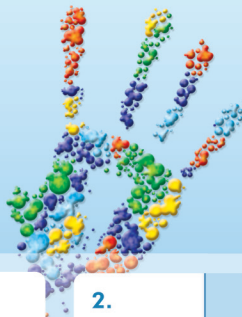


CLEAN HANDS PROTECT LIVES.

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.



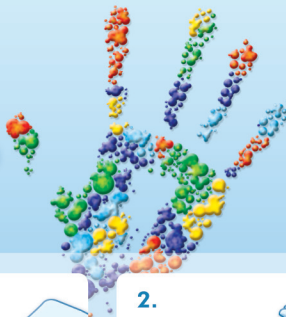
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How to HANDRUB

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.



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