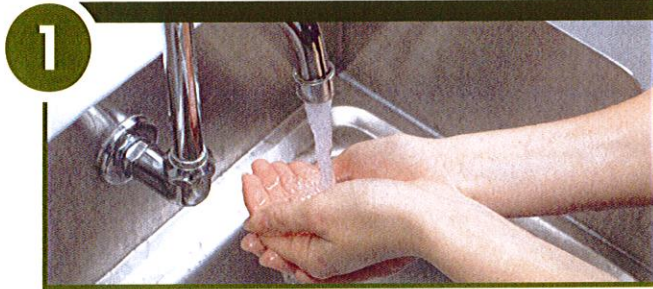


How To Wash Your Hands



Wet your hands and arms

Use running water as hot as you can comfortably stand



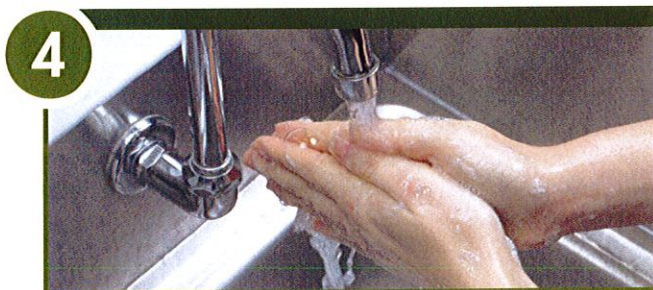
Apply soap

Apply enough to build up a good lather



Scrub your hands and arms vigorously for 10 to 15 seconds

Clean under fingernails and between fingers



Rinse your hands and arms thoroughly

Use running warm water



Dry your hands and arms

Use a single-use paper towel or hand dryer

