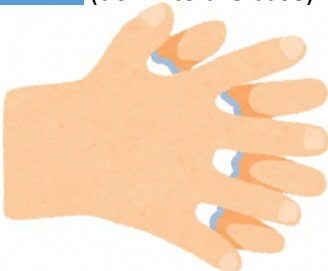
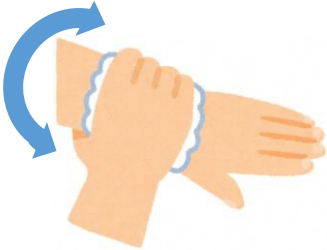


Proper hand washing techniques are important.

Only washing with water has no effect. It is important to use soap and wash with proper washing techniques.

1 Wet your hands with water and apply soap.  Before washing, remove watches and rings. Trim your fingernails.	2 Rub your palms together while making suds. 	3 Scrub the back of your hands together. 
4 Rub the area between your fingers together (down to the base). 	5 Scrub your finger tips and spaces between nails. 	6 Rub the space between your thumbs and index fingers together in a twisting motion. 
7 Wash your wrists. 	8 Wash the faucet handle you touched with your dirty hand using a hand with soap applied.  Not necessary for faucets with sensors	9 Rinse with running water (rinse your hands and the handle). 
10 Wipe your hands.  Use a clean towel.	11 Disinfect your hands. 	Washing twice is effective.

When to wash your hands

- ☐ After going to the bathroom
- ☐ Before arranging food
- ☐ After touching raw meat, fish, etc.
- ☐ After cleaning
- ☐ After touching your face or head
- ☐ Before preparing food
- ☐ When changing work
- ☐ After touching money
- ☐ After disposing of waste