


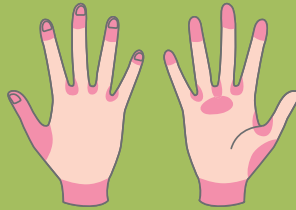
How to Wash Your Hands



POINT 1

Let's wash thoroughly the areas that might go unwashed!

 Areas that might not be washed thoroughly



Back of the hand

Palm

POINT 2

Check Before Washing Your Hands!

- Remove your finger ring and wristwatch.
- Cut your nails short.
- Remove the manicured or false nails.



1 Wet your hands in running water.



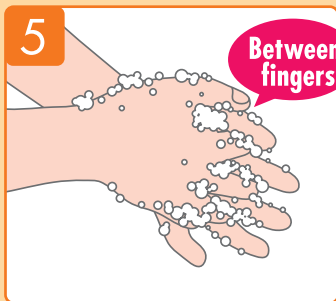
2 Take an appropriate amount of liquid soap.



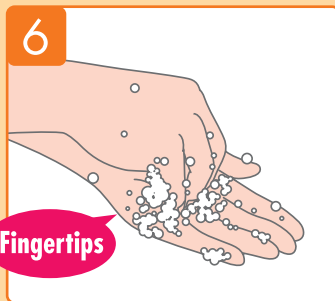
3 Rub your hands together to make lather.



4 Rub the back of your hand with your other palm. Repeat this step on the other hand as well.



5 Rub between the fingers of your both hands.



6 Rub your palm with the fingertips of the other hand. Repeat this step on the other hand as well.



7 Wrap your one hand around the thumb of the other hand. Repeat this step on the other hand as well.



8 Gently rub around the wrists of both the hands.



9 Gently rub under your nails with a nail brush.



10 Rinse your hands thoroughly under the running water.



11 Dry your hands with a paper towel (hand dryer).



12 Rub the sanitizer all over your hands. Do not forget to rub it between fingers, on thumb and wrist.

