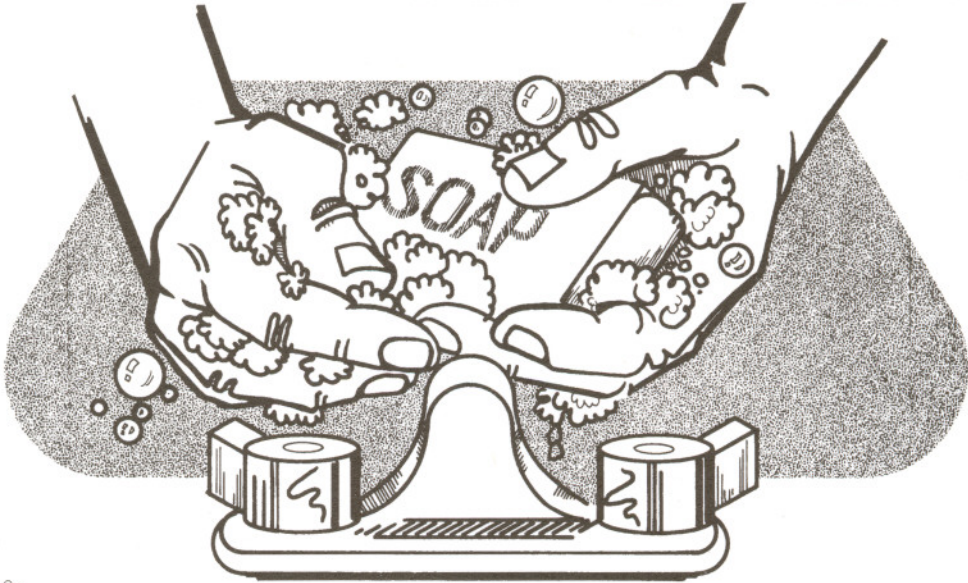












THE



METHOD OF HAND WASHING



-  Use **SOAP** and **RUNNING WATER**
-  **RUB** your hands vigorously
-  **WASH ALL SURFACES**, including:
 -  backs of hands
 -  wrists
 -  between fingers
 -  under fingernails
-  **RINSE** well
-  **DRY** hands with a paper towel
-  Turn off the water using a **PAPER TOWEL** instead of bare hands

