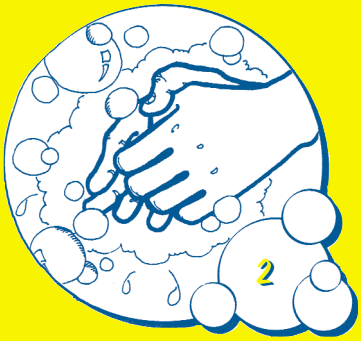
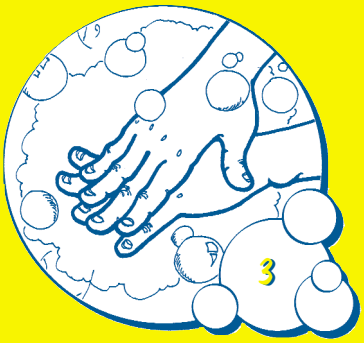
HOW TO WASH YOUR HANDS

Turn on the water and adjust it to a comfortable temperature.

(Water that is too hot or too cold can damage your skin.)





1. Wet your hands from the wrists to the fingertips.
2. Apply soap (one squirt from a pump dispenser is enough). Always wet your hands first so that the soap sticks to the water and not your skin.
3. Rub all surfaces of your hands from the wrists down for at least 10-15 seconds. (Try singing the alphabet song (ABCs) while you wash to make sure you rub long enough). Wash all parts of your hands so all of the germs are removed.
4. Rinse your hands well under running water.
5. Pat your hands dry with a paper towel.
6. Turn off the taps with the paper towel so that you don't contaminate your nice clean hands!

If no sink...

use waterless hand rinse

...just rub!

Region of Peel
Working for you

P-07-102 02/01

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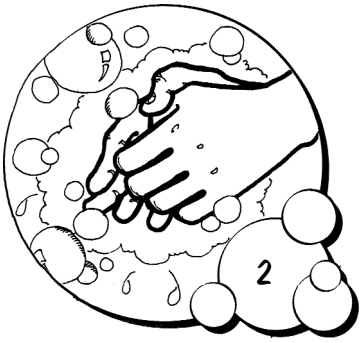

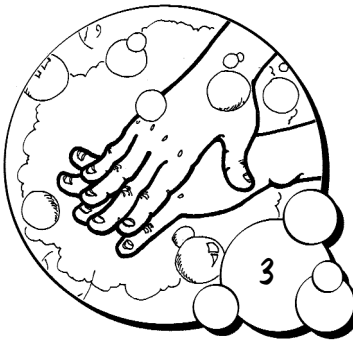

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