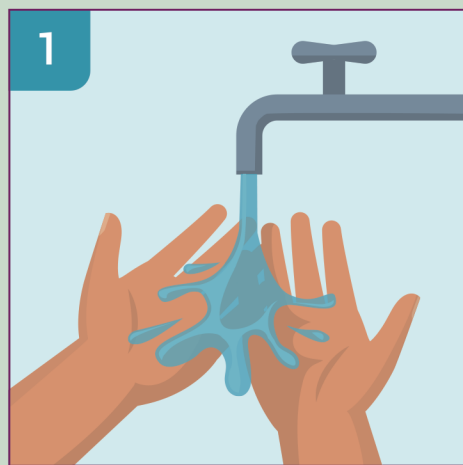
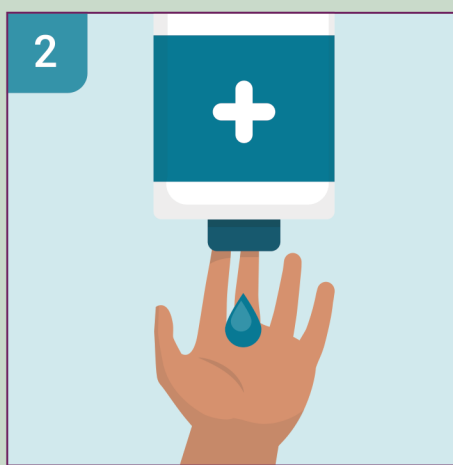


HOW TO WASH YOUR HANDS

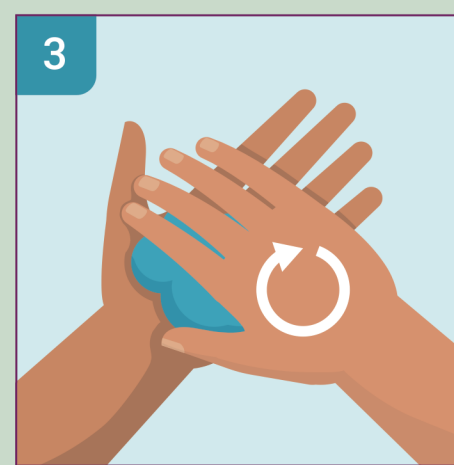
Protect Yourself and Others Against Infections



Wet Hands



Apply Soap



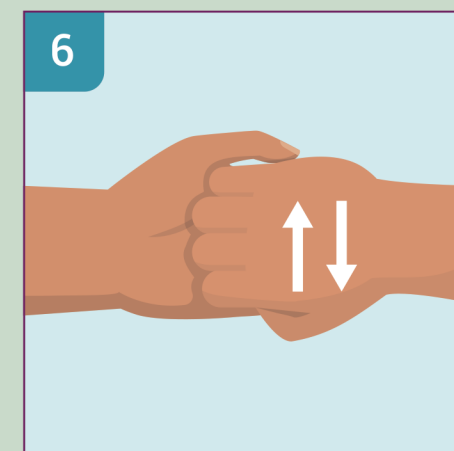
Rub Hands
Palm to Palm



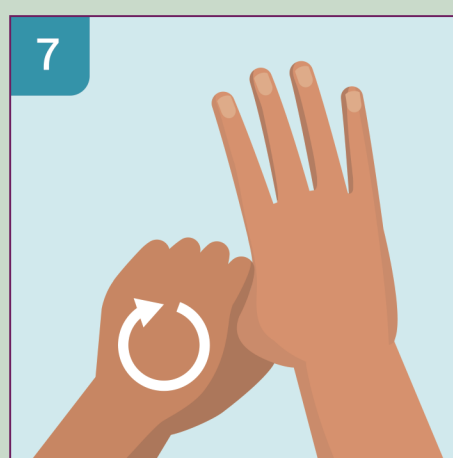
Lather the Backs
of Your Hands



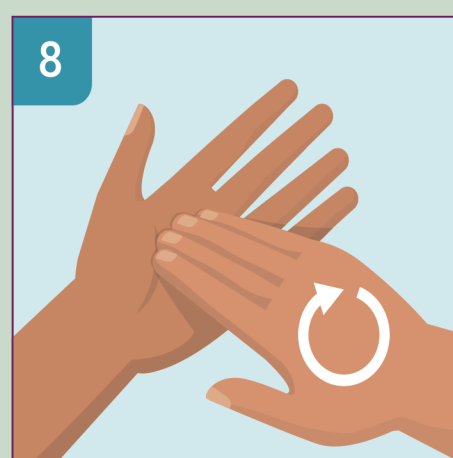
Scrub Between
Your Fingers



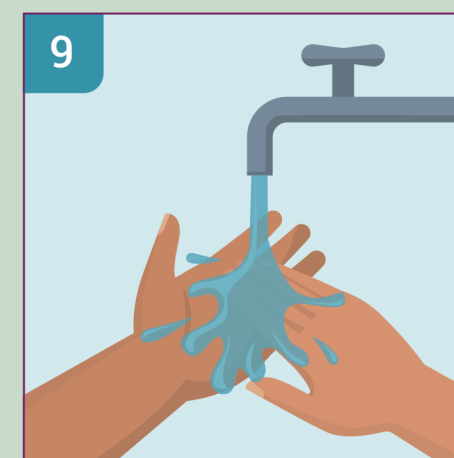
Rub the Backs of
Fingers on Opposing Palms



Clean Thumbs



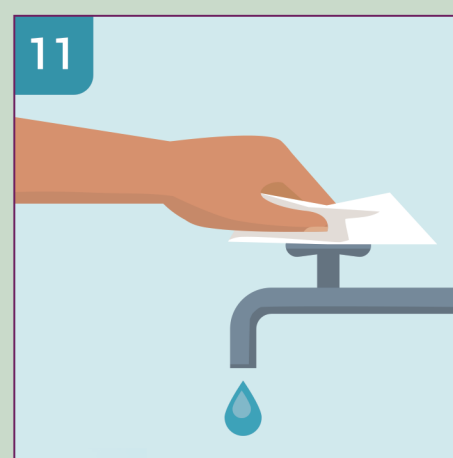
Wash Fingernails
and Fingertips



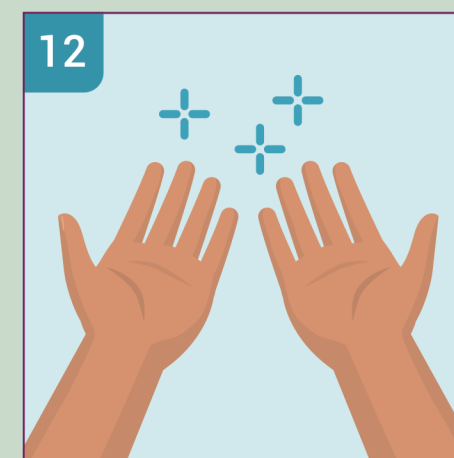
Rinse Hands



Dry with a Single
Use Towel



Use Towel to
Turn off Faucet



Your Hands
are Clean



REMEMBER TO
WASH
YOUR HANDS

Newfoundland
Labrador