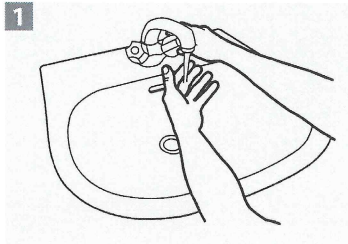
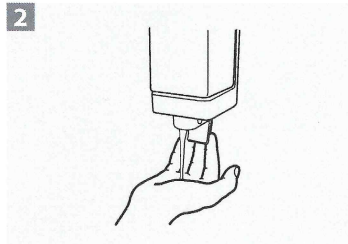


# Hand Washing

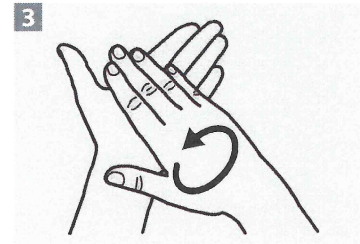
Wash hands with soap and water for 20-30 seconds immediately after taking off PPE. If hands are soiled, wash hands with soap and water for 40-60 seconds. You may use hand sanitizer or chlorinated water, if soap and water are not available.



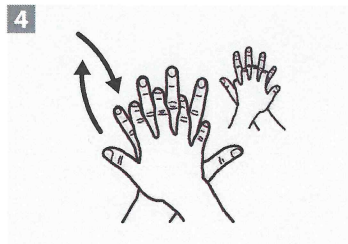
1 Wet hands with water.



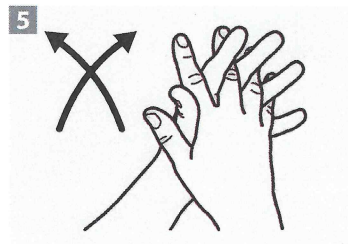
2 Apply enough soap to cover all hand surfaces.



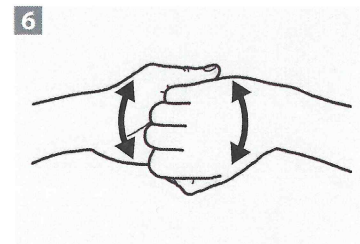
3 Rub hands together in a circle.



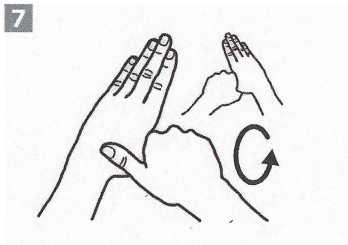
4 Put one palm on top of the other hand and rub soap up and down.



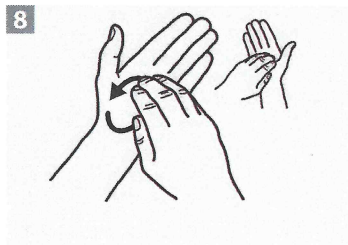
5 Put palms and fingers together and rub soap up and down.



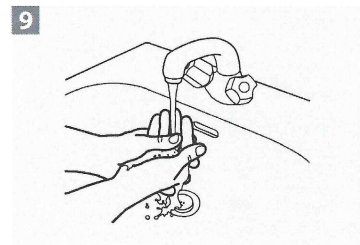
6 Put fingers of both hands together and rub soap up and down.



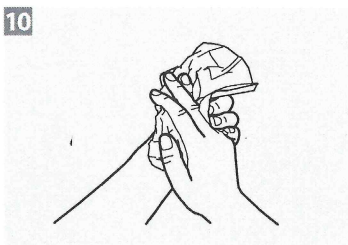
7 Clean thumbs by rubbing each one around several times with the other palm.



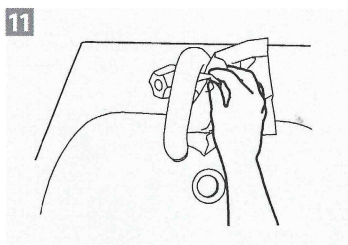
8 Clean both palms by rubbing soap around palm with fingers of the other hand.



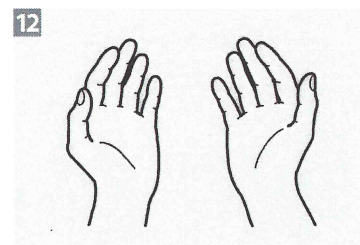
9 Rinse hands with water.



10 Dry hands completely using a single use towel.



11 Use towel to turn off faucet and throw it away.



12 Your hands are now clean.