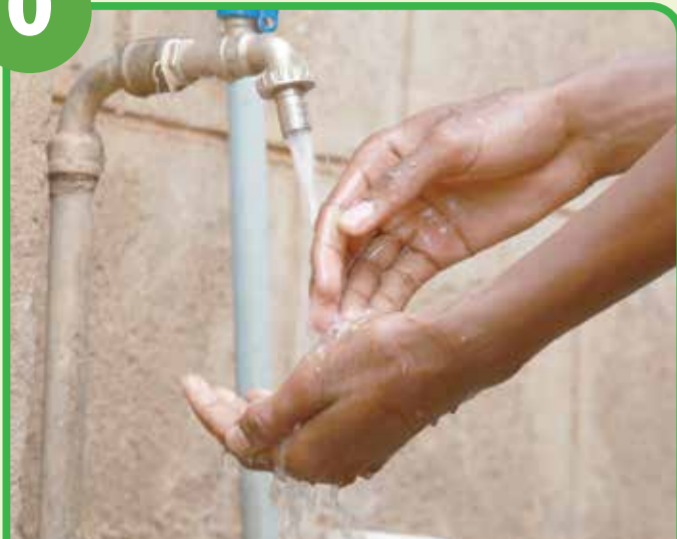


# STEPS FOR PROPER HANDWASHING

0



Wet the hands

1



Apply soap

2



Rub palm to palm

3



Rub back of right palm with other hand and vice versa

4



Rub Palm to Palm with fingers interlaced

5



Rub back of fingers in palm of opposite hand

6



Rotate and rub left thumb in right thumb and vice versa

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

8



Rinse hands until the foam completely disappears

9



Dry hands using clean towel / cloth

10



Use the cloth / towel to close the tap

11



Hands are clean and dry

**DO IT IN JUST LESS THAN A MINUTE TO BREAK THE DISEASE INFECTION CYCLE SO THAT YOU CAN LIVE A HEALTHY LIFE AND SAVE ON COSTS FOR TREATMENT OF DISEASES.**



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