

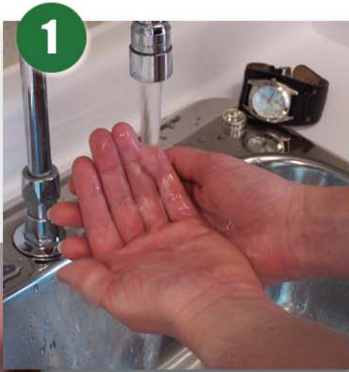


the spread of infection!

The most important way to prevent the spread of diseases such as Hepatitis A, Influenza, the common cold and numerous food born illnesses is by **WASHING YOUR HANDS!**

1 WET HANDS

Remove jewellery, watches, etc. and wet hands with warm water first.



2

SOAP

Be sure to use enough liquid soap.



3

LATHER WELL

Lather for **15-20 seconds**. Clean wrists, palms, back of hands and between fingers.



4

RINSE

Rinse with warm water. Be sure not to touch side of sink.



5

DRY

Dry hands completely with paper towel or with an air dryer.



6

KEEP CLEAN

Use a paper towel or sleeve to turn off water and open door, protecting hands from being recontaminated.



Wash your hands!

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