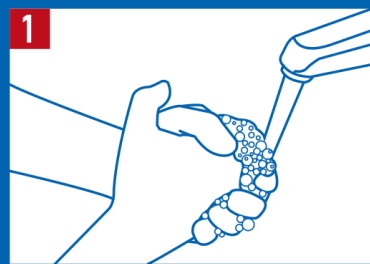


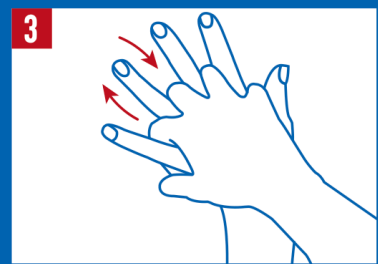
## PROPER HAND HYGIENE



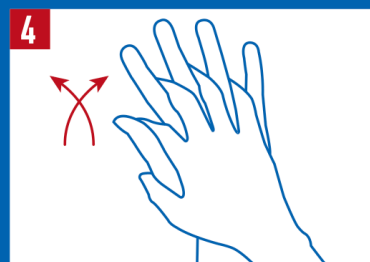
**1** Use water and soap to wash your hands; keep water running while washing your hands. Alternative: Use disinfectant to wash your hands.



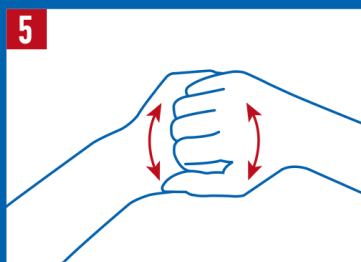
**2** Rub the palm of your hands against each other.



**3** Rub the palm of your right hand against the back of your left hand and vice versa; keep your fingers intertwined.



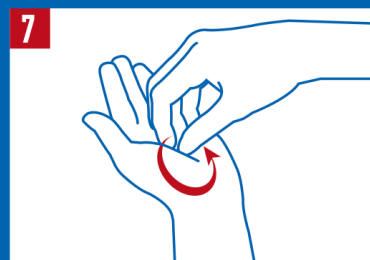
**4** Rub your hands against each other while keeping your fingers intertwined.



**5** Hook your hands into each other in order to soap the back of your fingers



**6** Make a fist around your right thumb, then rotate around it and vice versa.



**7** Rub the fingertips of your left hand on the palm of your right hand rotating in both directions and vice versa.



**8** Rinse your hands with much water and thoroughly dry them with a disposable paper tissue. If you have washed your hands with disinfectant your hands will dry on their own.



**9** Turn off the water using the paper tissue. Now your hands are properly cleaned.