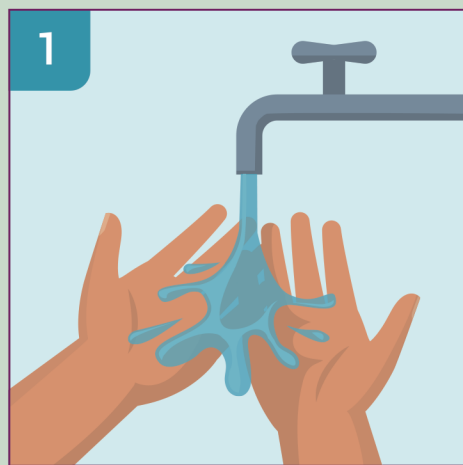
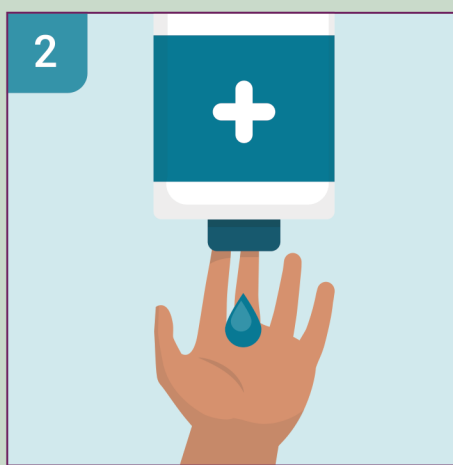


# HOW TO WASH YOUR HANDS

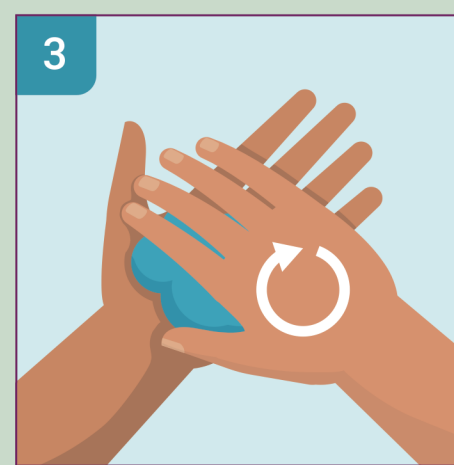
Protect Yourself and Others Against Infections



Wet Hands



Apply Soap



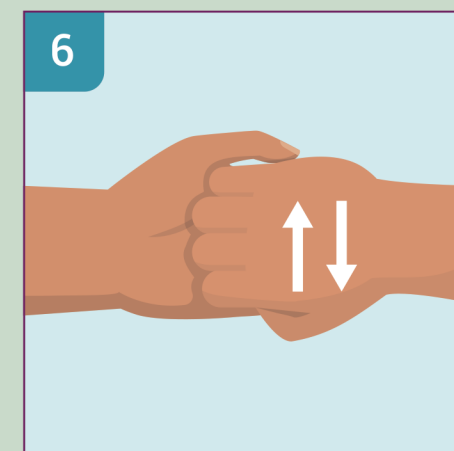
Rub Hands  
Palm to Palm



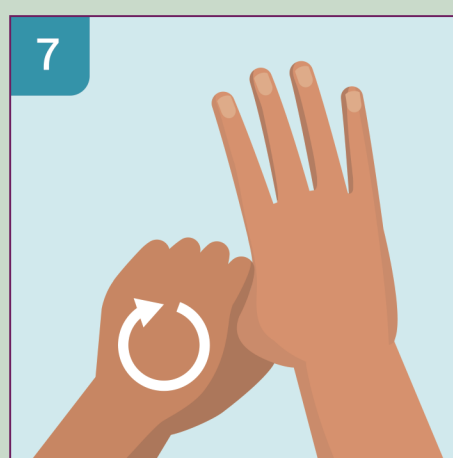
Lather the Backs  
of Your Hands



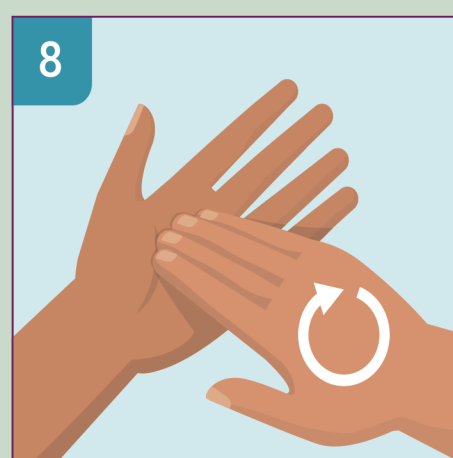
Scrub Between  
Your Fingers



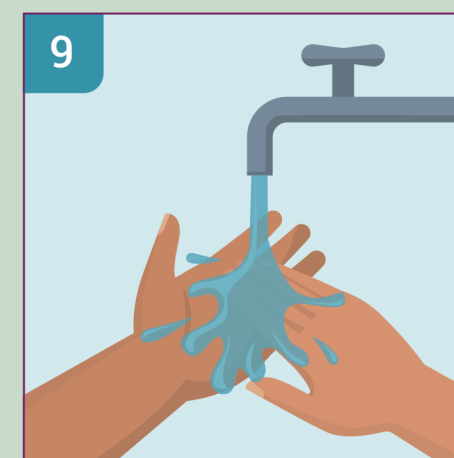
Rub the Backs of  
Fingers on Opposing Palms



Clean Thumbs



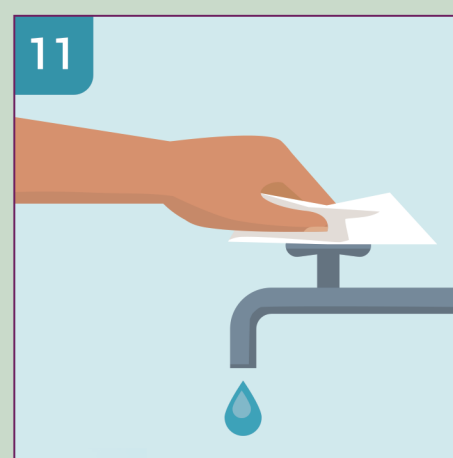
Wash Fingernails  
and Fingertips



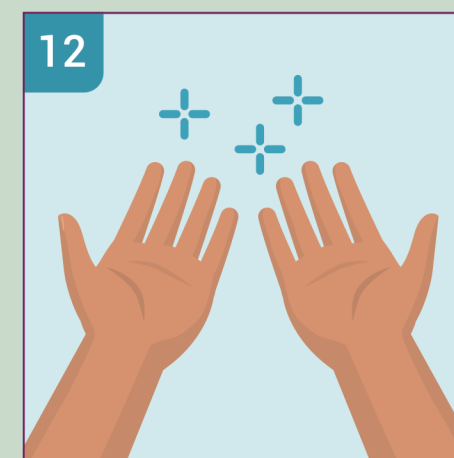
Rinse Hands



Dry with a Single  
Use Towel



Use Towel to  
Turn off Faucet



Your Hands  
are Clean



REMEMBER TO  
**WASH**  
YOUR HANDS

Newfoundland  
Labrador