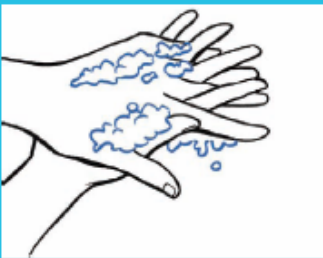




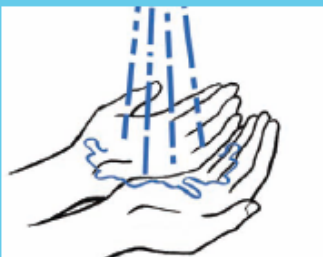
Wet



Soap



Wash



Rinse



Dry

Stop germs spreading
the power is in your hands.

Have you washed your germs away? Wash your hands.

HAND HYGIENE

**The most important thing
you can do to keep
from getting sick
is to wash your hands!**

Handwashing is the single most important measure to reduce the risks of transmitting infection from one person to another.

Hand washing with soap and water, alcohol-based hand rub, or antiseptic handwash should be performed regularly. Hands should be thoroughly dried, preferably using disposable tissues or towels. Use the disposable towel to open the door.

Hand washing and drying should always be done after coughing, sneezing or handling used tissues or after touching objects, materials or hard surfaces that may have been contaminated by someone else with the infectious illness.

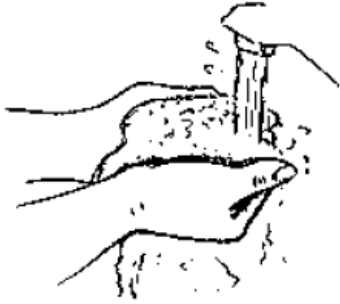
Hand-to-face contact such as can occur during eating, normal grooming, or smoking presents significant risks because of the potential for transmission of influenza from surfaces contaminated with wet respiratory droplets.

Handwashing should always be carried out before and after eating, grooming, smoking or any other activity that involves hand-to-face contact.

HAND HYGIENE

Hand Hygiene with Soap and Water

**1. Remove jewelry.
Wet hands with warm
water**



2. Add soap to palms



**3. Rub hands
together to create a
lather**



**4. Cover all surfaces of
the hands and fingers**



**5. Clean knuckles,
back of hands and
fingers**



**6. Clean the space
between the thumb
and index finger**



**7. Work the finger tips
into the palms to
clean under the nails**



**8. Rinse well under
warm running water**



**9. Dry with a single-
use towel and then
use towel to turn off
the tap**



Minimum wash time 10-20 seconds.

HAND HYGIENE

Hand Hygiene with Alcohol-based Hand Sanitizer

1. Remove jewelry. Apply enough product to open palms.**



2. Rub hands together palms to palms



3. Rub in between and around fingers



4. Cover all surfaces of the hands and fingers



5. Rub backs of hands and fingers. Rub each thumb.



6. Rub fingertips of each hand in opposite palm



7. Keep rubbing until hands are dry.

****The volume required to be effective varies from product to product. Enough product to keep hands moist for 15 seconds should be applied.**

Do not use these products with water. Do not use paper towels to dry hands.

Note: Wash hands with soap and water if hands are visibly dirty or contaminated with blood or other body fluids. Certain manufacturers recommend washing hands with soap and water after 5-10 applications of gel.