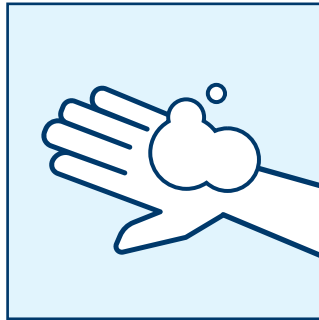


Hand washing procedure

Wash and dry your hands thoroughly for at least 60 seconds with soap, water and paper towel



1 Wet hands and arms to remove dirt



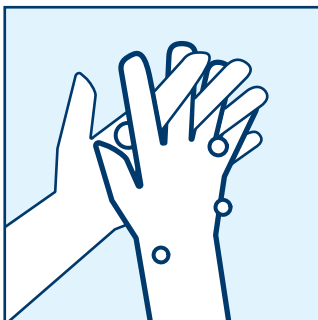
2 Apply soap – be sure to dispense enough to cover both hands



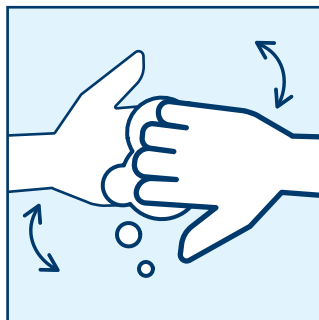
3 Scrub hands and arms vigorously starting with palms



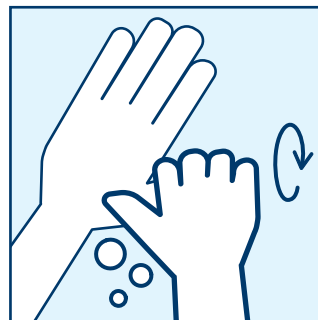
4 Rub the back of one hand against the palm of the other, then swap



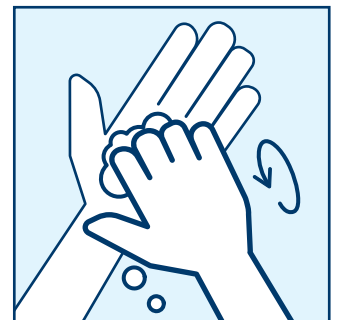
5 Rub palms together with fingers interlaced



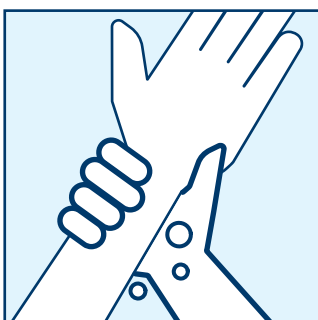
6 Rub tips of fingers against palm of the opposite hand



7 Wash each thumb by rotating inside the palm of the other hand



8 Rub the backs of fingers in small circular motions against palms



9 Remember to wash the wrists



10 Rinse hands and arms thoroughly with water for 30 seconds



11 Dry hands and arms with a single use paper towel

Hand washing is the single most important means of preventing the spread of infection*

*CDC general information on hand hygiene