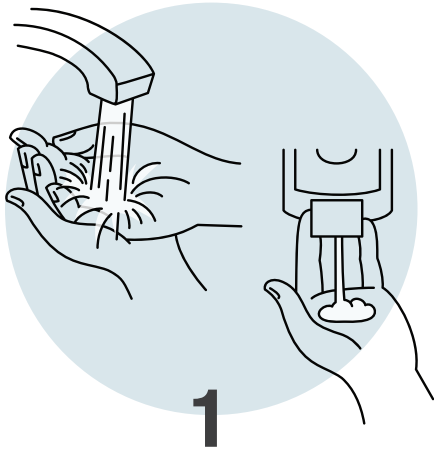


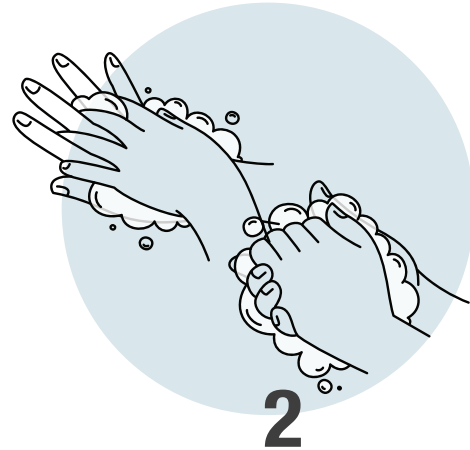


# Proper Handwashing Procedure to Prevent Infection

Washing your hands with soap and water is the most effective way of preventing the spread of germs. Follow these 5 easy steps when hand washing:



**Wet your hands with clean running water. Turn off the tap and apply soap.**



**Rub your hands together to lather the soap. Make sure to rub the backs of your hands, between your fingers and under your nails.**



**Do this for at least 20 seconds, long enough to hum the 'Happy Birthday' song twice through.**



**Rinse your hands well under clean running water.**



**Dry your hands using a clean towel. Alternately, you can air dry your hands.**