

Hand Washing Guide

For Safe and Effective Hygiene

Rinse under running water - dry your hands thoroughly -
keep your nails short



Massage palm to palm



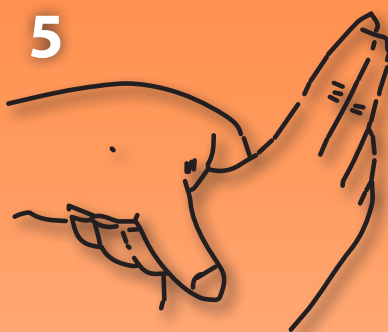
Rub right palm over left dorsum & vice versa



Rub palm to palm with fingers interlaced



Massage backs of fingers in opposing palm with fingers interlocked



Rotate right thumb clasped in left palm and vice versa



Rotate fingers of left hand in right palm and vice versa

