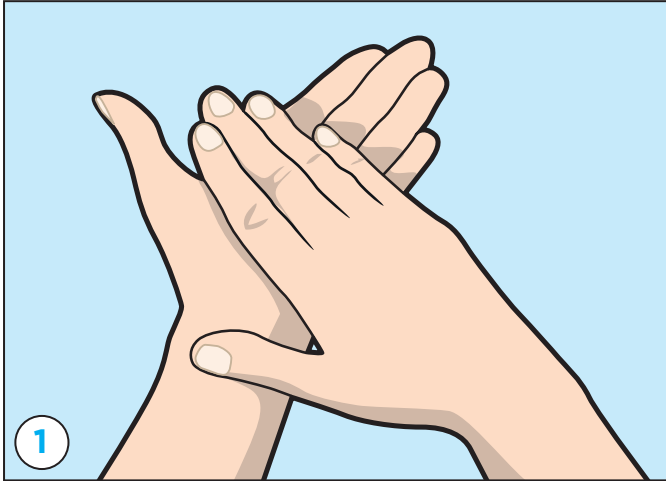


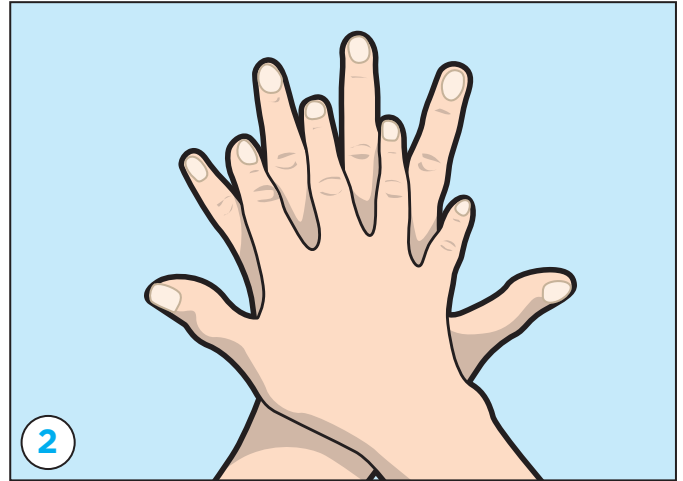
Handwashing



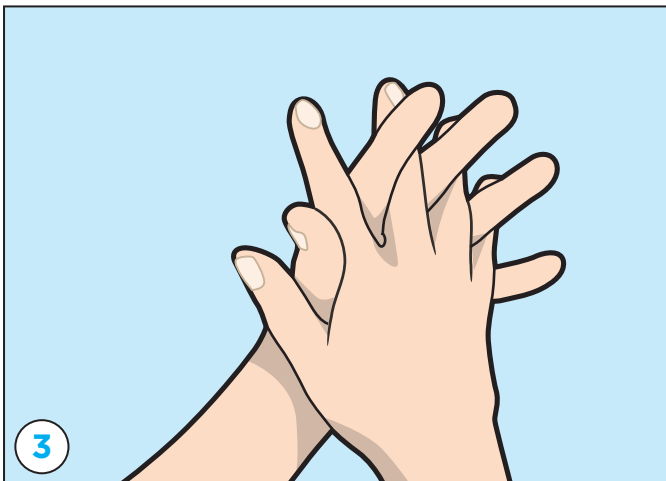
Follow the six-step technique for thorough handwashing.



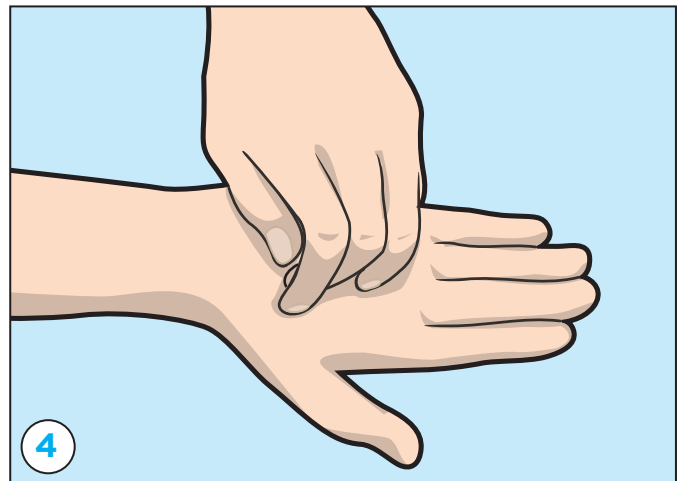
1 Remove your wristwatch. Wash palm to palm



2 Wash the backs of your hands



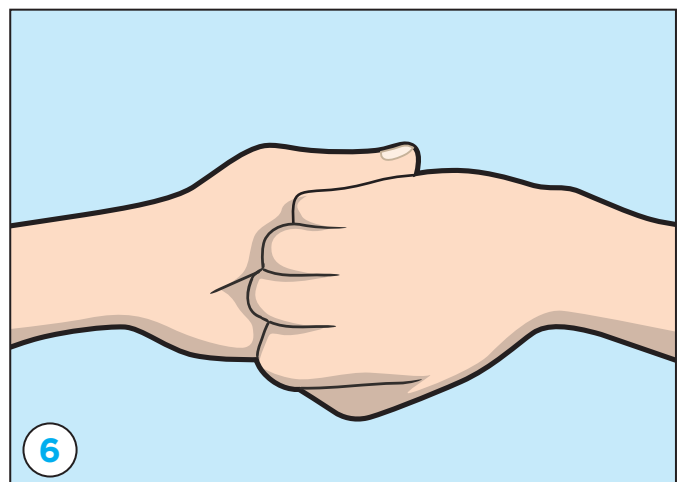
3 Wash between your fingers



4 Wash your fingertips



5 Wash your thumbs and wrists



6 Wash under your nails

Always rinse and dry hands thoroughly after washing