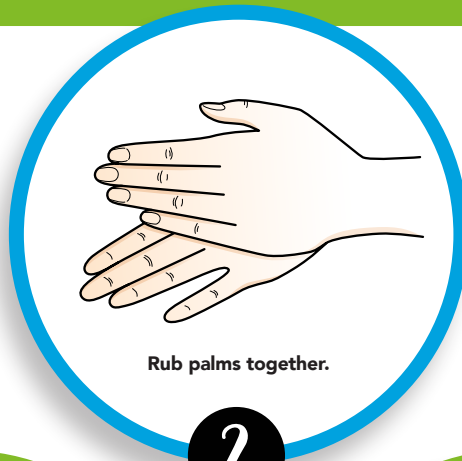


# HOW TO WASH YOUR HANDS



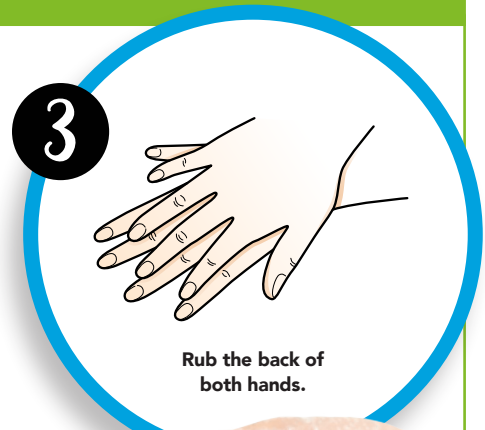
1

Apply hand soap or sanitizer. If using soap wet hands first.



Rub palms together.

2



Rub the back of both hands.



4

Interface fingers and rub the hands together.



5

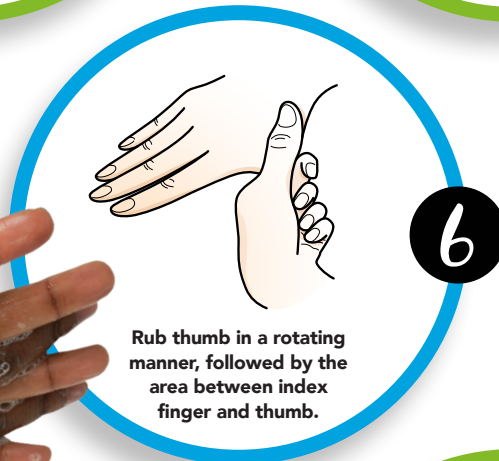
Interlock fingers and rub the back of fingers of both hands.



*Lather up*



*Rub & scrub*



6

Rub thumb in a rotating manner, followed by the area between index finger and thumb.



7

Rub fingertips on palm for both hands.



8

Rub both wrists in a rotating manner.



9

Rinse hands and dry (if using hand soap).

*Keep 'Em Clean!*



**Mary Greeley**

MEDICAL CENTER

Doing what's right.