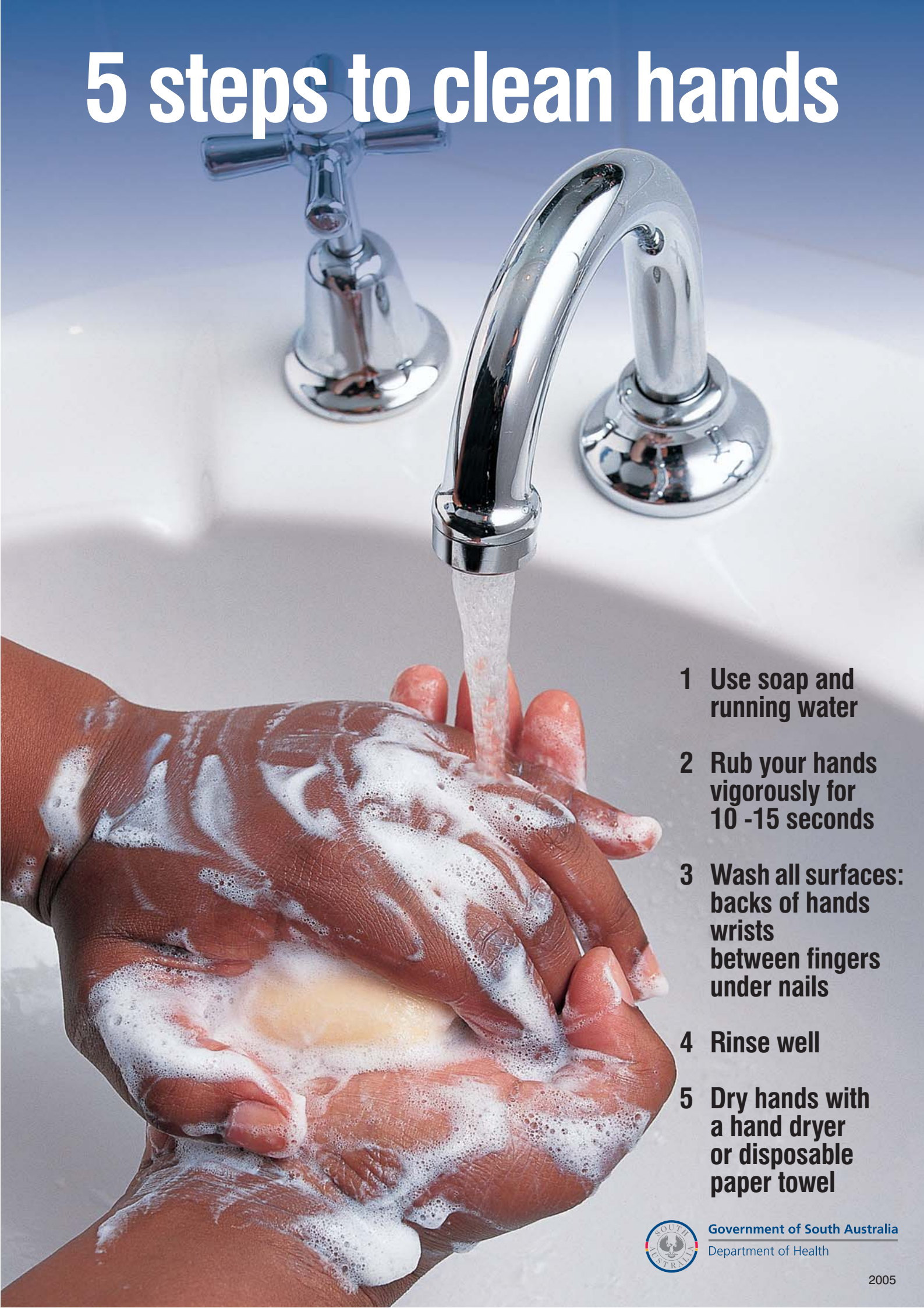


# 5 steps to clean hands



- 1 Use soap and running water**
- 2 Rub your hands vigorously for 10 -15 seconds**
- 3 Wash all surfaces: backs of hands wrists between fingers under nails**
- 4 Rinse well**
- 5 Dry hands with a hand dryer or disposable paper towel**

