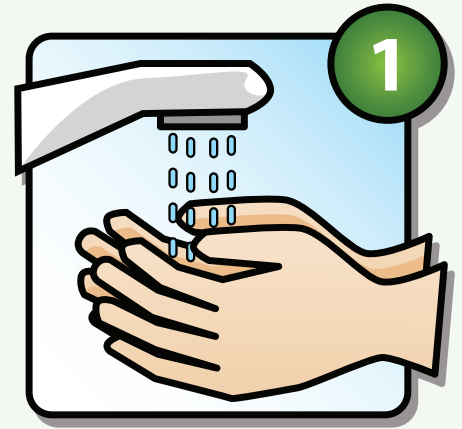


Proper Hand Washing Techniques

How?:

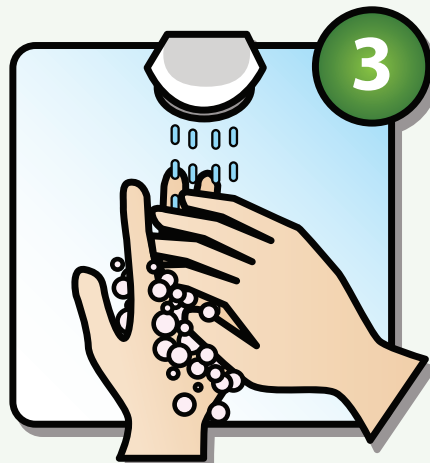
1. Wet hands with running water
2. Place soap in palms
3. Rub together to make a lather
4. Scrub hands vigorously for 20 seconds
(The same time it takes to sing Happy Birthday twice through)
5. Rinse soap off hands
6. Dry hands, not on clothing



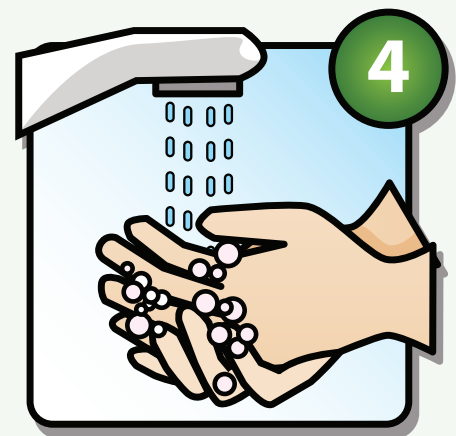
Wet hands with running water



Place soap in palms



Rub together to make a lather



Scrub hands vigorously for 20 seconds
(The same time it takes to sing
Happy Birthday twice through)



Rinse soap off hands



Dry hands, not on clothing

When?:

1. After going to the toilet
2. Before eating
3. Before preparing foods
4. After removing soiled clothes
or shoes