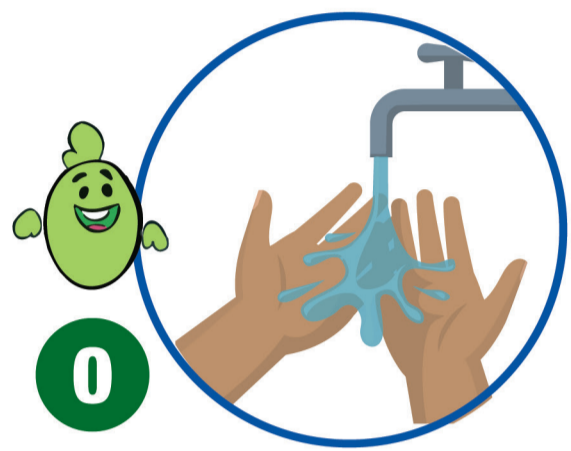


# ONE CLEAN HAND PROTECTS ANOTHER

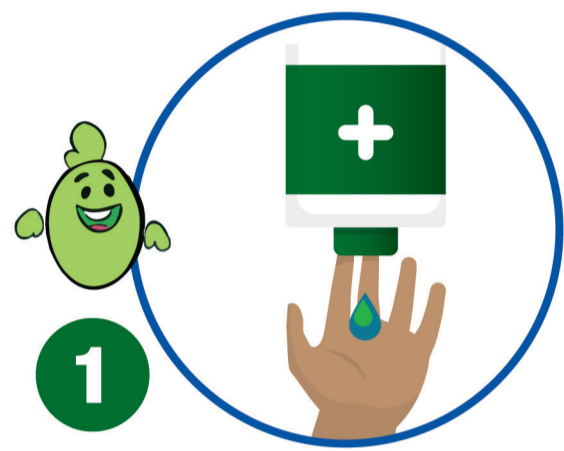
IMPORTANT: Always wash your hands with soap and water or use a 70% alcohol hand sanitiser.



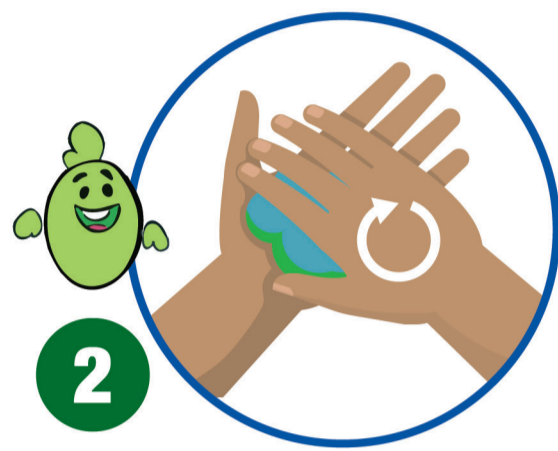
## PRACTISE THE 11 STEPS OF HANDWASHING TO PROTECT YOURSELF FROM GERMS



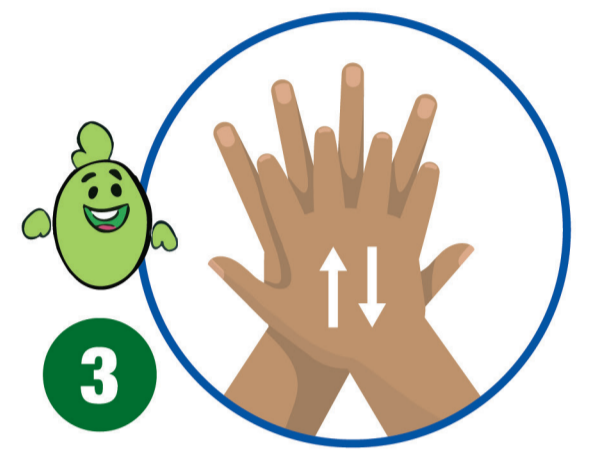
Wet hands with water.



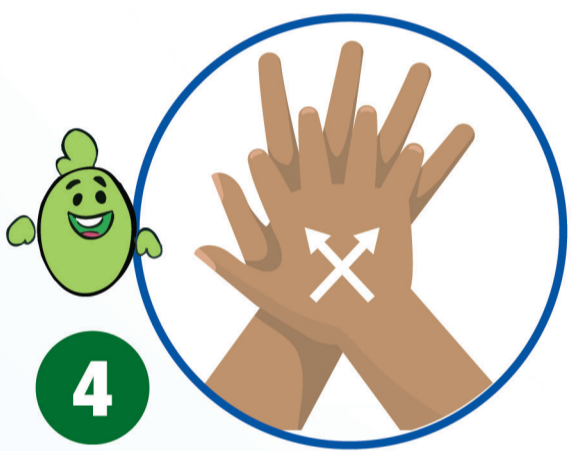
Apply enough soap to cover your hands.



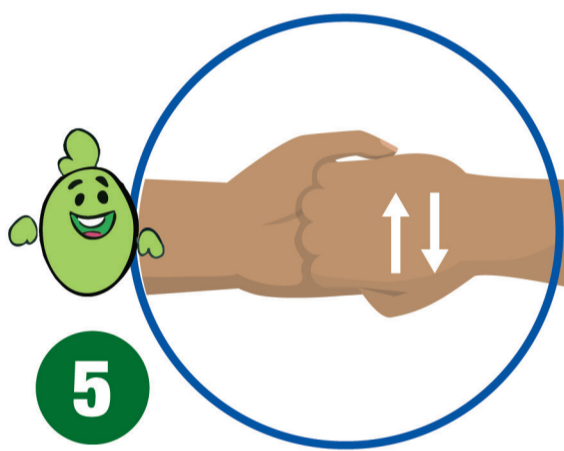
Rub hands palm to palm.



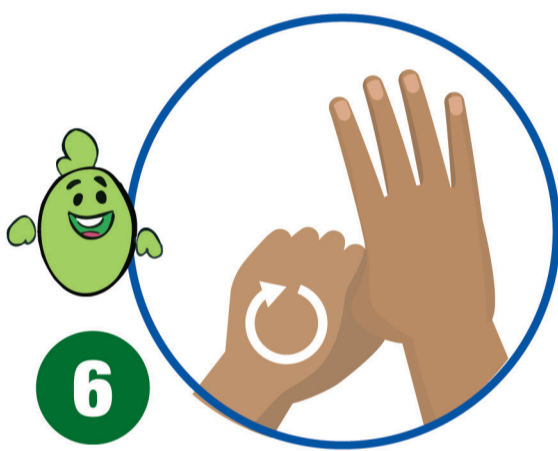
Place one hand on top of the other, with fingers crossed and vice versa.



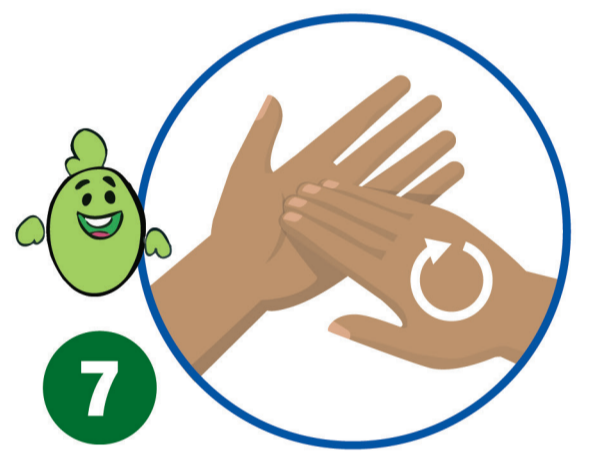
Palm to palm with fingers interlaced.



Backs of fingers to opposing palms with fingers interlocked.



Rotational rubbing of left thumb held in right palm and vice versa.



Rotational rubbing, backwards and forwards with fingers of right hand in left palm and vice versa.



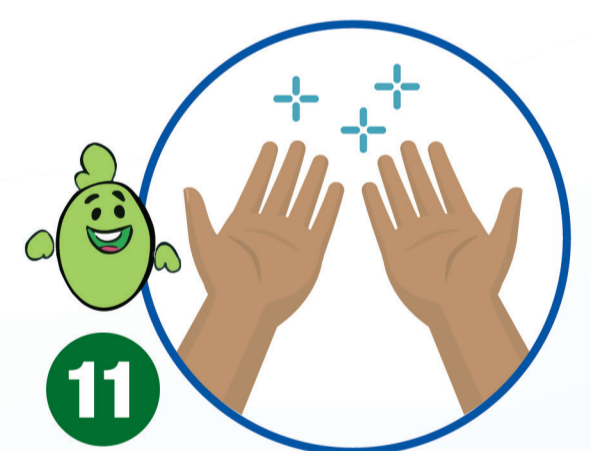
Rinse hands with water.



Dry thoroughly with a single use towel.



Use a towel to turn off the tap.



... and your hands are safe.



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