

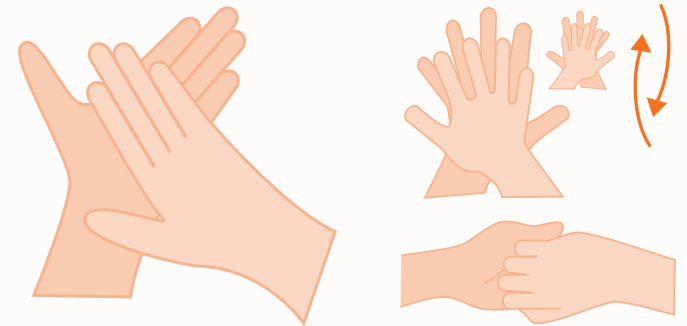
# FIGHT GERMS BY WASHING YOUR HANDS!



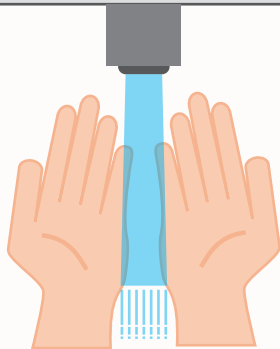
**1** Wet your hands



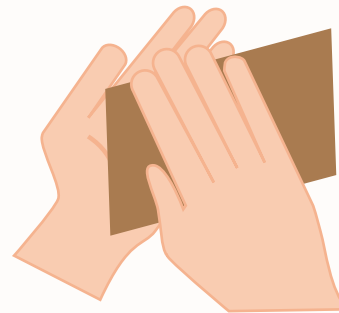
**2** Soap



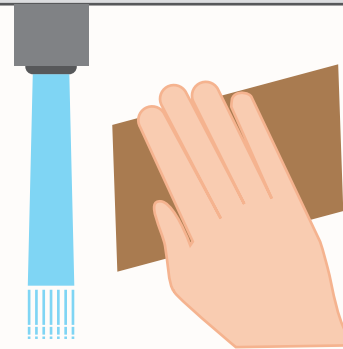
**3** Lather and scrub for 20 seconds



**4** Rinse for 10 seconds



**5** Dry your hands



**6** Turn off tap

**Hand washing is the single most effective way to prevent the spread of infections.<sup>1</sup>**