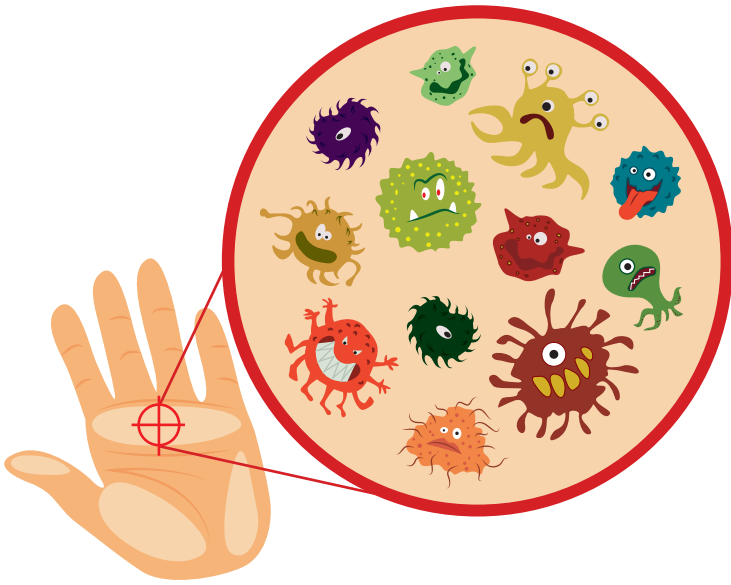


WASH YOUR HANDS

It's a simple gesture, often neglected, and yet so effective. Good hand washing is the most important measure in preventing infections, such as the common cold and flu.

WASHING YOUR HANDS



Why ?

- To avoid spreading infections.

When?

- As soon as they are visibly soiled.
- Before and after eating, touching food, drinking or smoking.
- After blowing your nose, coughing or sneezing.
- After going to the bathroom.
- After handling garbage.
- When leaving your workstation.



How?

- Remove any jewelry.
- Wet your hands with clean, running water.
- Apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds. (**Hint:** Sing Happy Birthday while washing your hands)
- Rinse, making sure to remove all traces of soap.
- Completely dry your hands using a paper towel.
- Turn off the tap with a paper towel.

When no water and soap are available, use an alcohol-based disinfectant.

