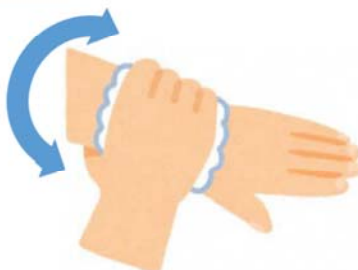


Proper hand washing techniques are important.

Only washing with water has no effect. It is important to use soap and wash with proper washing techniques.

<p>1 Wet your hands with water and apply soap.</p>  <p>Before washing, remove watches and rings. Trim your fingernails.</p>	<p>2 Rub your palms together while making suds.</p> 	<p>3 Scrub the back of your hands together.</p> 
<p>4 Rub the area between your fingers together (down to the base).</p> 	<p>5 Scrub your finger tips and spaces between nails.</p> 	<p>6 Rub the space between your thumbs and index fingers together in a twisting motion.</p> 
<p>7 Wash your wrists.</p> 	<p>8 Wash the faucet handle you touched with your dirty hand using a hand with soap applied.</p>  <p>Not necessary for faucets with sensors</p>	<p>9 Rinse with running water (rinse your hands and the handle).</p> 
<p>10 Wipe your hands.</p>  <p>Use a clean towel.</p>	<p>11 Disinfect your hands.</p> 	<p>Washing twice is effective.</p>

When to wash your hands

- | | |
|--|---|
| <input type="checkbox"/> After going to the bathroom | <input type="checkbox"/> Before preparing food |
| <input type="checkbox"/> Before arranging food | <input type="checkbox"/> When changing work |
| <input type="checkbox"/> After touching raw meat, fish, etc. | <input type="checkbox"/> After touching money |
| <input type="checkbox"/> After cleaning | <input type="checkbox"/> After disposing of waste |
| <input type="checkbox"/> After touching your face or head | |