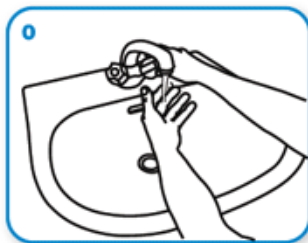# Clean hands protect against infection
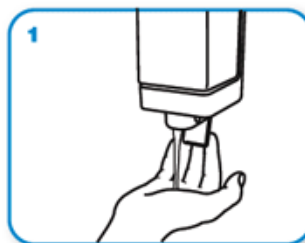
Protect yourself

- Clean your hands regularly.
- Wash your hands with soap and water, and dry them thoroughly.
- Use alcohol-based handrub if you don't have immediate access to soap and water.

How do I wash my hands properly?

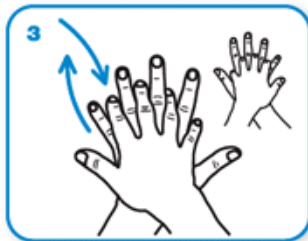Washing your hands properly takes about as long as singing "Happy Birthday" twice, using the images below.

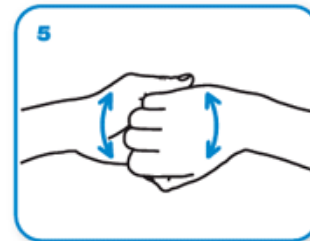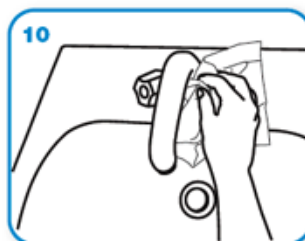|		
0 Wet hands with water	**1** apply enough soap to cover all hand surfaces.	**2** Rub hands palm to palm
3 right palm over left dorsum with interlaced fingers and vice versa	**4** palm to palm with fingers interlaced	**5** backs of fingers to opposing palms with fingers interlocked
6 rotational rubbing of left thumb clasped in right palm and vice versa	**7** rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.	**8** Rinse hands with water
9 dry thoroughly with a single use towel	**10** use towel to turn off faucet	**11** ...and your hands are safe.