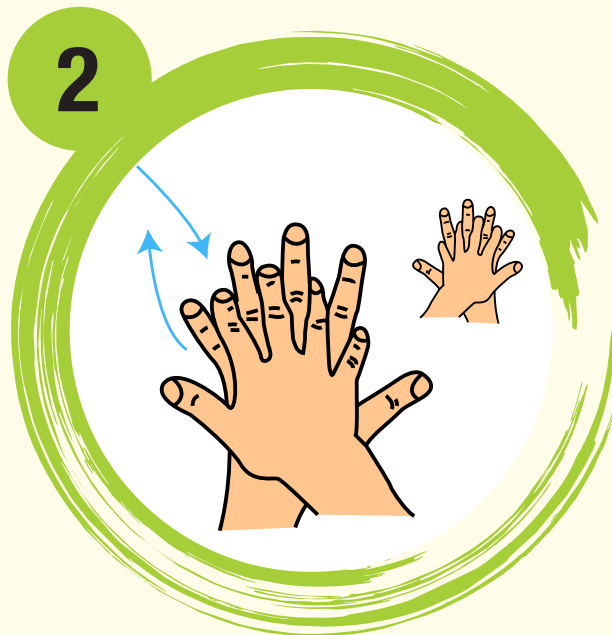


6 STEPS OF HAND WASHING

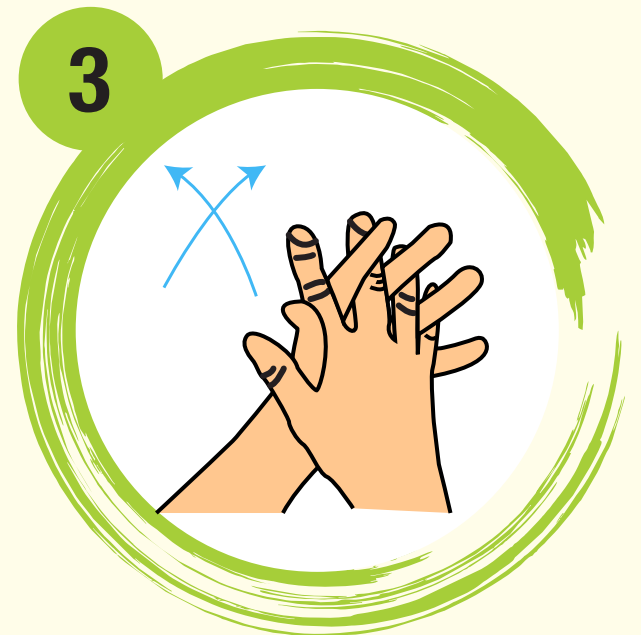
Wet hands with running water, apply soap, lather well as per the steps mentioned below
(40-60 seconds for the entire process)



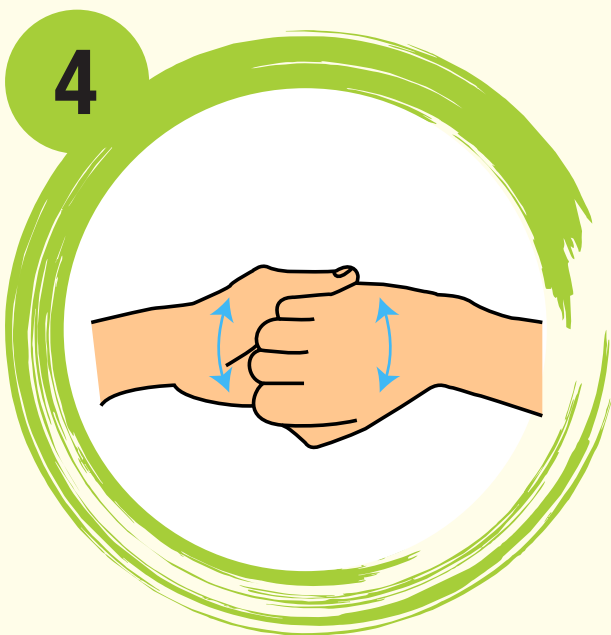
Rub hands palm to palm



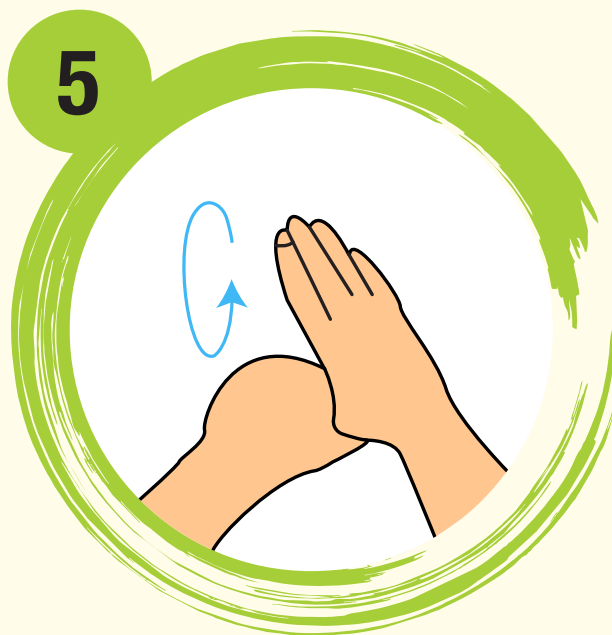
Rub back of each hand with palm of other hand with fingers crossed



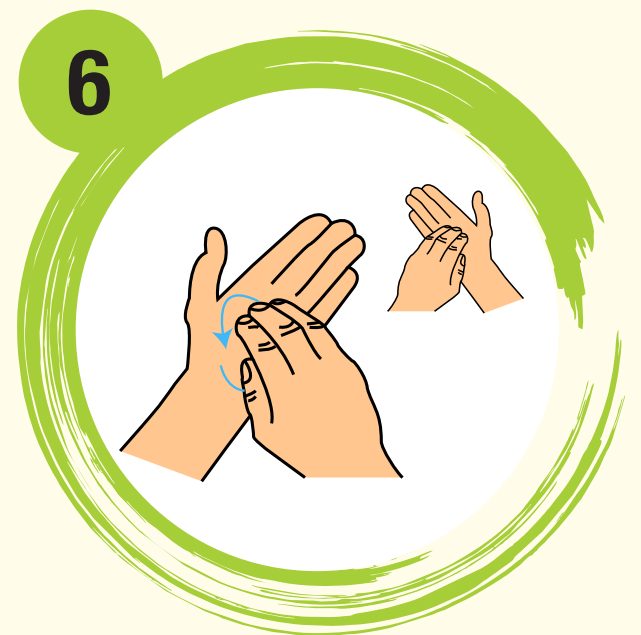
Rub palm to palm with fingers crossed



Rub with back of fingers to opposing palms with fingers linked



Rub each thumb clasped in opposite hand using a twisting movement



Rub tips of fingers in opposite palm in a circular motion

INSTRUCTIONS

- Wet hands with water
- Apply enough soap to cover all hand surfaces
- Rub each wrist with opposite hand
- Rinse hands with water

Hand washing with soap and running water is mandatory

- Before and after every procedure
- When hands are visibly dirty
- Contact with body fluids

ENSURE THE FOLLOWING

- ✓ Nails should be trimmed
- ✓ All ornaments (rings, bangles, watch) should be removed
- ✓ Dry your hands in air or with single use towel (if available)