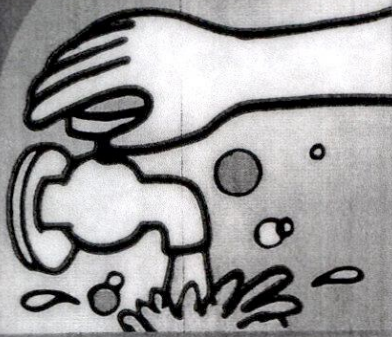


# Washing Your Hands

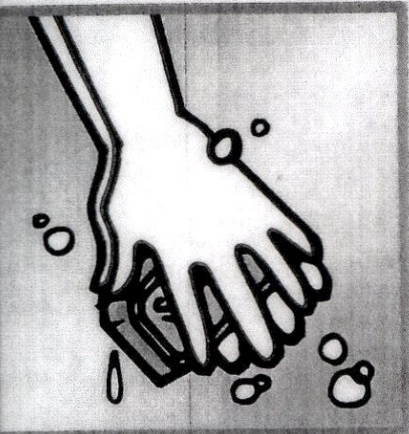
Follow these procedures on hand washing techniques to prevent the spread of germs.



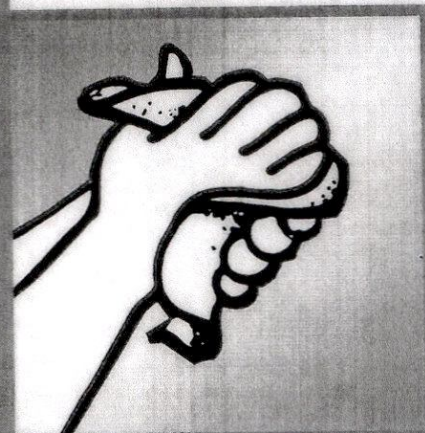
**1.**  
Remove your jewelry. Turn on the faucet and run warm water.



**4.**  
Rinse off all of the soap.



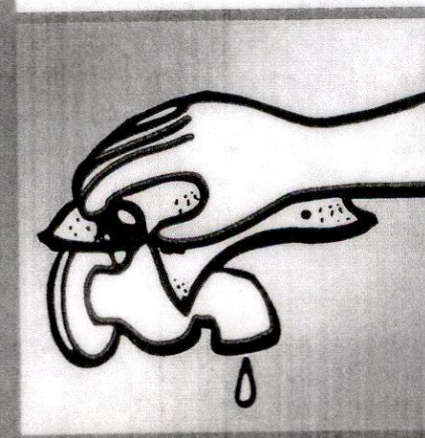
**2.**  
Lather up with hand or liquid soap.



**5.**  
Dry your hands with a paper towel. **REMEMBER** your jewelry.



**3.**  
Wash well. Make sure to scrub between fingers and nails.



**6.**  
Turn off the faucet using the same paper towel, then throw it away.



# Glove Removal

