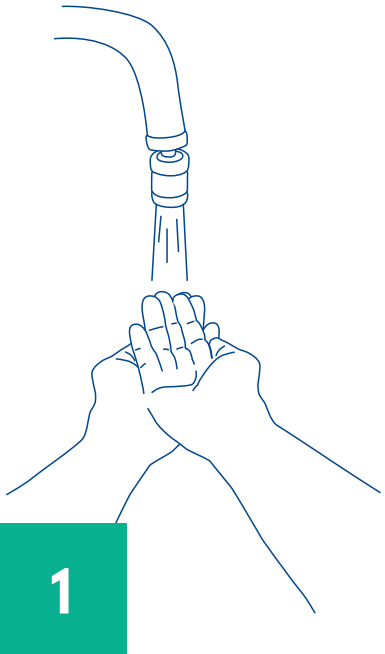
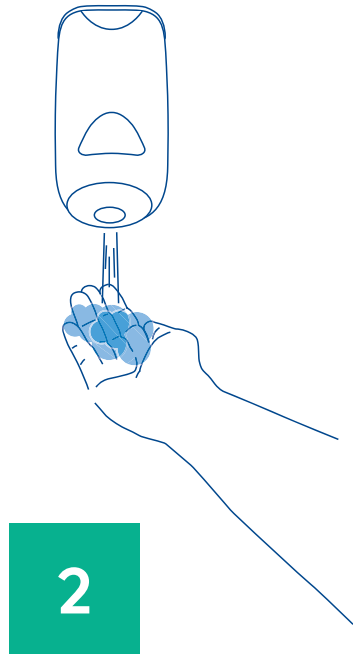


# Wash hands correctly



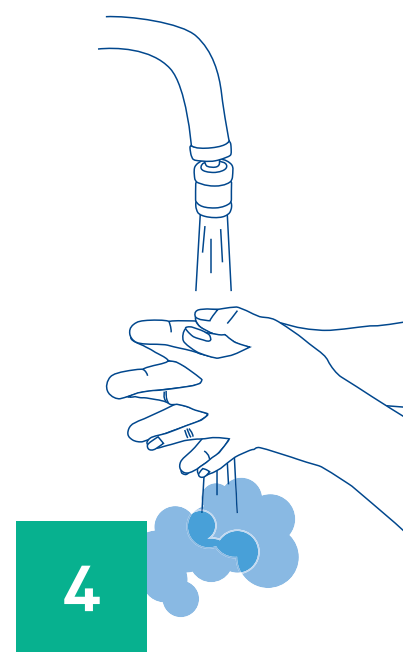
Remove any jewellery including watches. Soak hands.



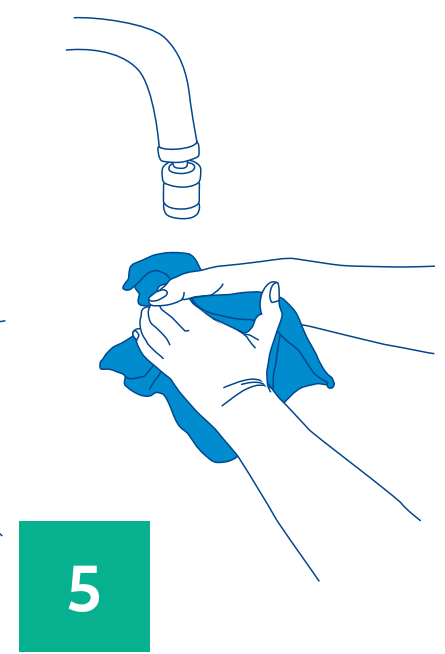
Apply liquid soap and lather hands for circa 30 seconds.



**Remember to wash** thumbs, wrists and in between your fingers.



Rinse hands thoroughly under running water until all the soap has been removed.



Dry hands with a disposable towel. Use the towel to protect your hands when you turn off the tap.