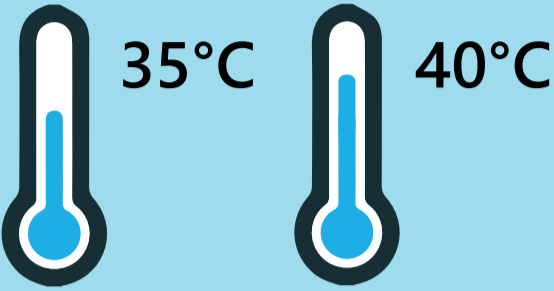
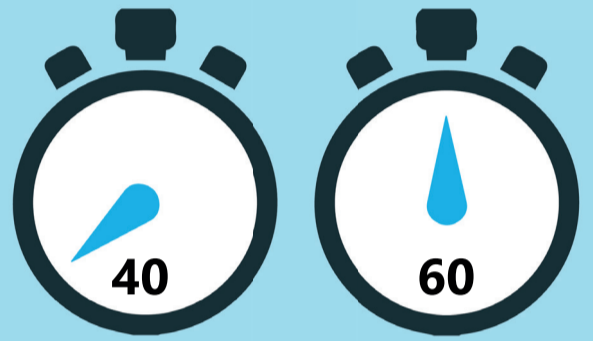


# EFFECTIVE HANDWASHING

**1** Keep the water temperature between 35°C and 40°C to effectively remove germs



**2** Lather the soap between your hands for 40-60 seconds to ensure all germs are removed



**3** Remember to wash your fingertips and in between the fingers and thumbs



**4** Use a soft bristled nail brush to remove any germs under the nails



**5** Rinse hands thoroughly in warm running water



**6** Use liquid anti-bacterial soap where possible, as bar soap can carry contamination



**7** Dry your hands thoroughly with a clean, disposable towel

