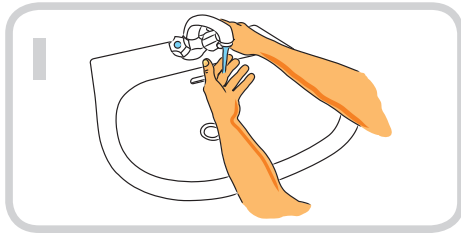


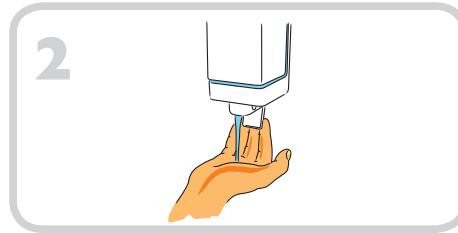
HOW TO PROPERLY WASH YOUR HANDS

Your hands should be washed regularly with water and soap, and then thoroughly dried.
If you do not have access to water with soap, you can disinfect your hand with gel or fluid with alcohol (min. 60%).

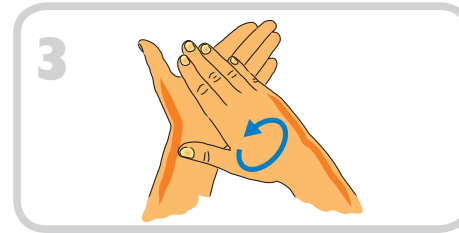
Hand washing time: at least 30 seconds



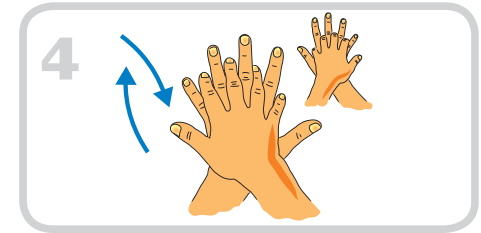
1 Rinsing hands with water



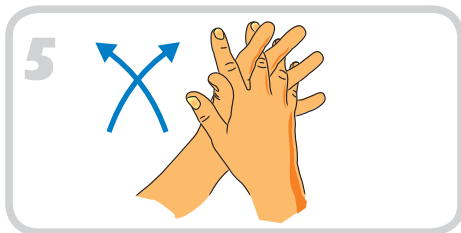
2 Take an adequate amount of soap from the dispenser



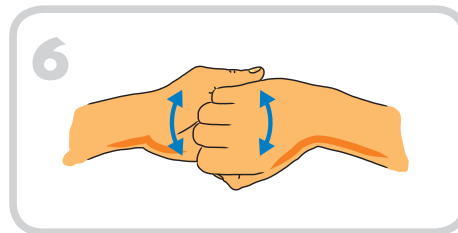
3 Washing the inside of your hands



4 Wash the back of your left hand with the inside of your right hand, then switch hands.



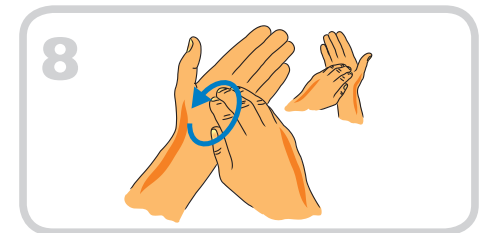
5 Wash the space between your fingers - interlacing fingers.



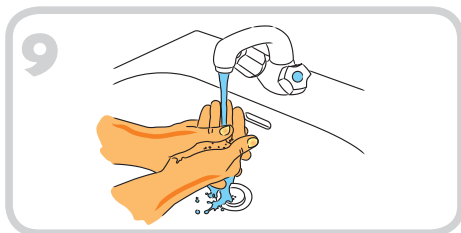
6 Wash the upper parts of your right hand fingers by rubbing them on the inner part of the left hand, clasp fingers together, then switch hands



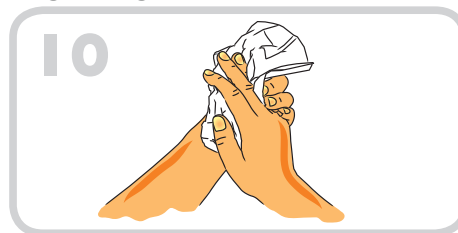
7 Grip your right thumb with your left hand and wash the thumb by rotating it on the inside of the left hand, then switch hands.



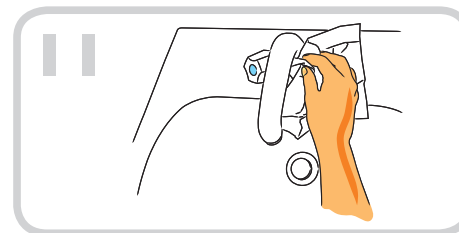
8 Wash the inside of the left hand with a circular motion, keeping the fingers of the right hand together, then switch hands.



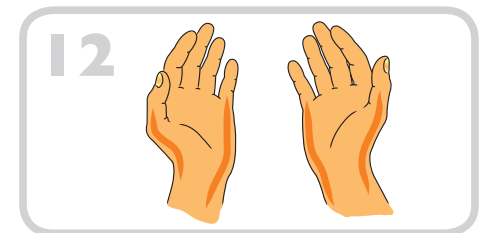
9 Rinsing hands with water.



10 Wipe your hands dry with a disposable towel.



11 Turn off the faucet with the towel in your hand.



12 Your hands are now properly washed.