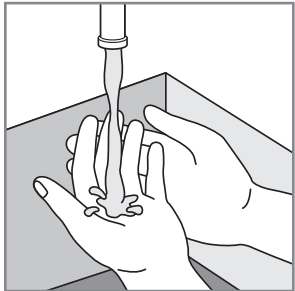


HAND WASHING PROCEDURES

Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing or sneezing.

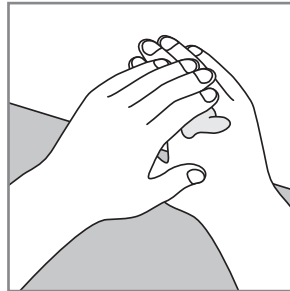


HERE'S HOW TO PRACTICE GOOD HANDWASHING:



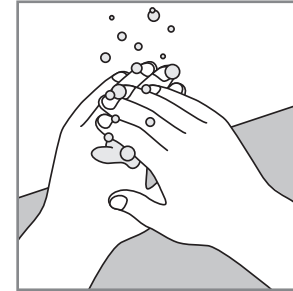
1. WET

hands with clean running water, turn off the tap and apply soap.



2. LATHER

the backs of hands, between fingers and under nails.



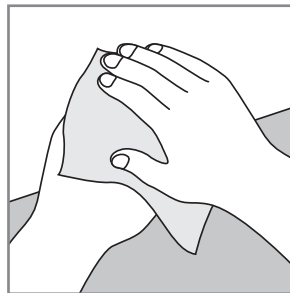
3. SCRUB

for at least **20 seconds**.



4. RINSE

hands well under running water.



5. DRY

hands using a clean towel or air dryer.

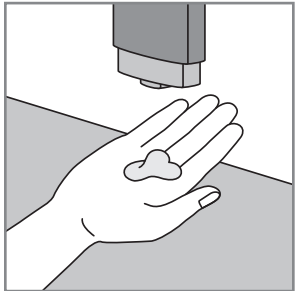
NOTE: If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

HAND SANITIZING PROCEDURES

If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.

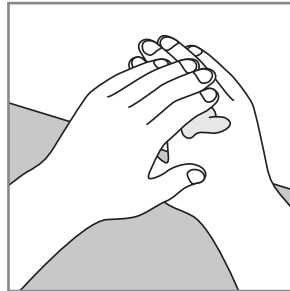


HERE'S HOW TO PRACTICE HAND SANITIZING:



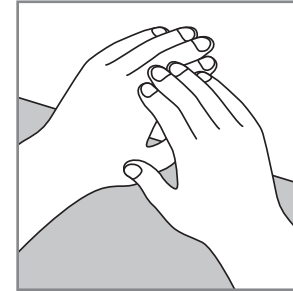
1. DISPENSE

adequate amount of hand sanitizer to fully cover your hands.



2. RUB

hand sanitizer to cover the entire surface area of the hands, paying special attention to the area between fingers and around nails.



3. RUB UNTIL DRY.

Do not rinse.