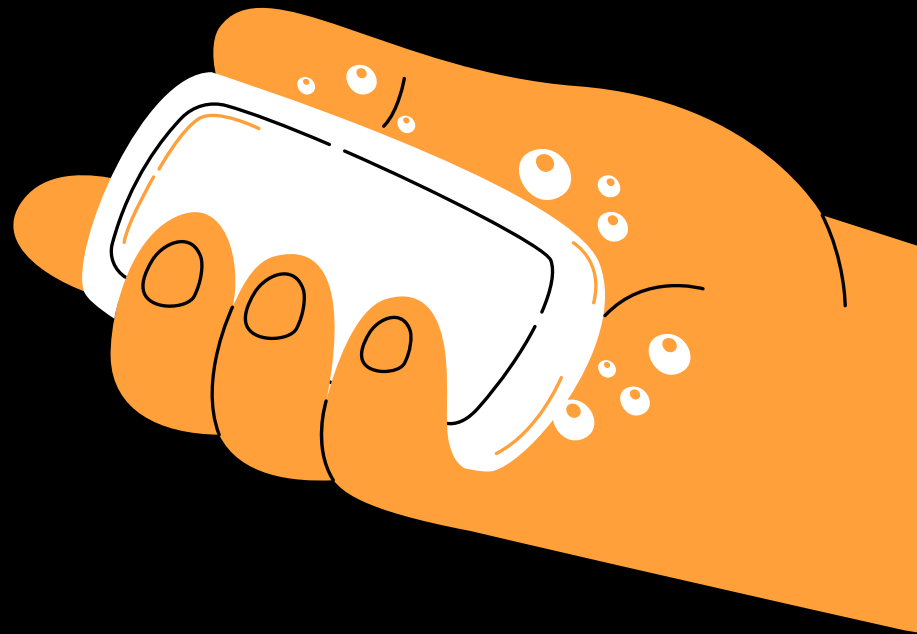


# WASH YOUR HANDS

**#StopTheSpread**

Use soap  
and water for  
at least  
20 seconds



# HANDWASHING

## 101

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**01**

Wet your hands before applying soap

**02**

Rub soap all over your palms, the backs of your hands, and in between your fingers

**03**

Do this process for at least 20 seconds before rinsing

**04**

Wipe your hands with a clean towel or paper towel and void rubbing too vigourously.

