

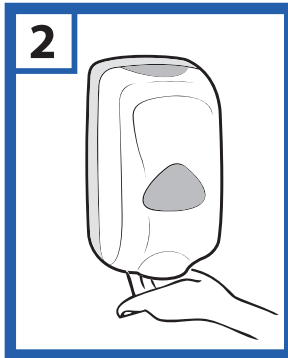


# Wash your hands

- *Before and after using the toilet*
- *When obviously soiled*
- *Before breaks and meals*
- *At Each of the 5 Moments of Hand Hygiene*



Wet hands



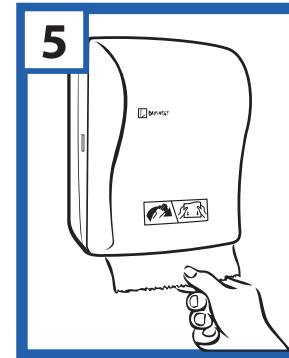
Apply soap



Rub hands for at least 15 seconds



Rinse



Pat dry thoroughly



Use Hand Medic at least 3-4 times per day

Alcohol based hand rubs are more effective against most bacteria and many viruses than either medicated or non-medicated soaps