



# Wash your hands

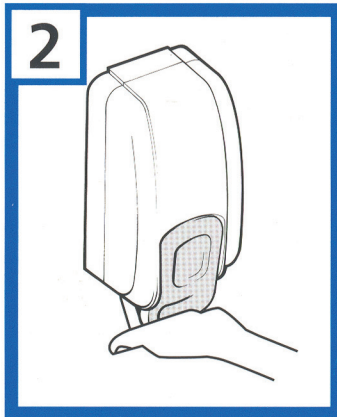
*Wash your hands thoroughly*

● *Before and after using the toilet*

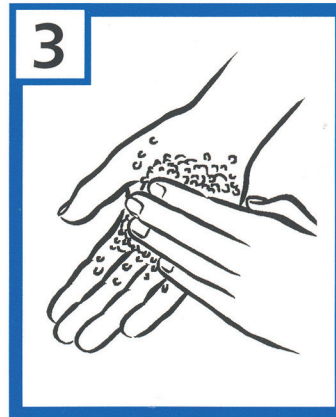
● *Before breaks and meals*



Wet hands



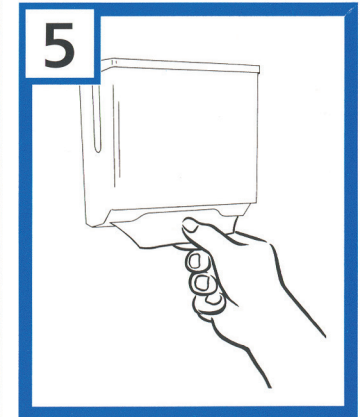
Apply soap



Lather



Rinse



Pat dry thoroughly