



Are YOU Washing YOUR Hands Correctly?

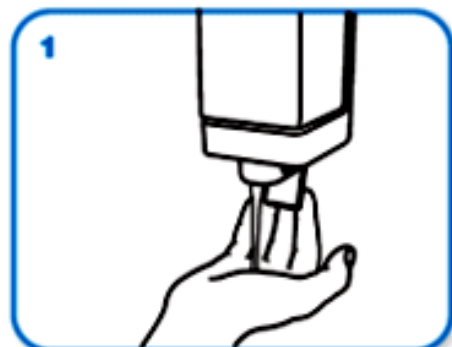


Handwashing can help prevent illness. Regular handwashing removes germs and helps prevent illness **with the right technique**, but only **5%** of people wash their hands well enough to kill germs. It involves five simple and effective steps (**Wet, Lather, Scrub, Rinse, Dry**) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy.

Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs!



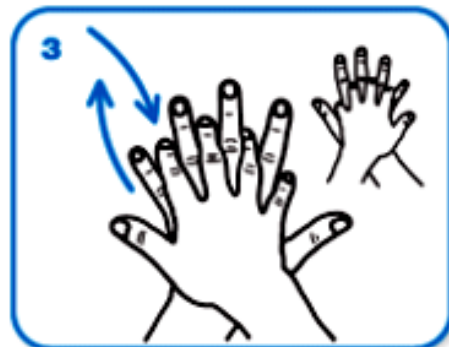
Wet hands with water



apply enough soap to cover all hand surfaces.



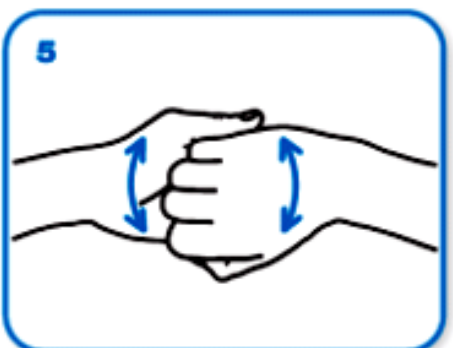
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



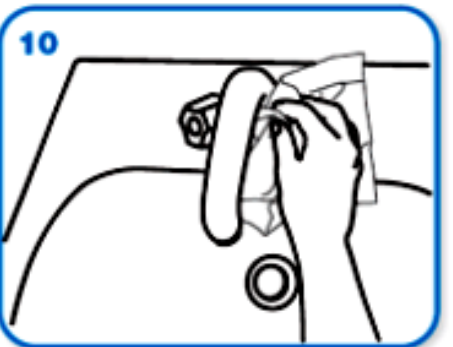
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.



WHILE WASHING YOUR HANDS..

BEE GEES "Stayin' Alive"

Whether you're a brother or whether you're a mother
 You're stayin' alive, stayin' alive
 Feel the city breakin' and everybody shakin'
 And we're stayin' alive, stayin' alive
 Ah, ha, ha, ha, stayin' alive, stayin' alive
 Ah, ha, ha, ha, stayin' alive

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