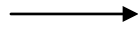


GOOD HANDWASHING TECHNIQUE



Step 1: Thoroughly wet hands with water



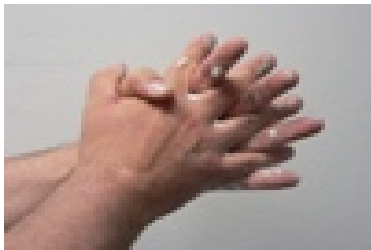
Step 2: Apply soap or antiseptic.



Step 3: Lather by rubbing hands together vigorously.



Step 4: Palm over back of hand.



Step 5: Palm to palm with interlaced fingers.



Step 6: Tips and backs of fingers to each palm.



Step 7: Scrub fingernails on palm.



Step 8: Clean thumbs.



Step 9: Clean wrists.



Step 10: Rinse hands thoroughly.



Step 11: Pat dry hands thoroughly.

Note - The whole hand washing process should take at least 15 - 20 seconds



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For Further Information Contact:
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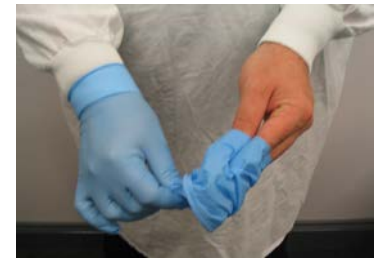
Step 1: Ensure you are near a biowaste bin before taking off gloves



Step 2: Pinch glove on palm



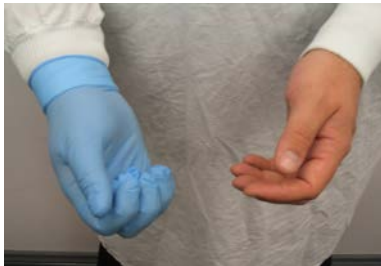
Step 3: Slowly pull glove down



Step 4: Pull glove completely off hand



Step 5: Do not touch glove with bare hand.



Step 6: Tightly scrunch glove in hand.



Step 7: Put index finger under the top of glove.



Step 8: Turn finger 180°.



Step 9: Pull glove outwards and towards



Step 10: Make sure crumpled glove remains



Step 11: Hold glove by uncontaminated surface and dispose in appropriate



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