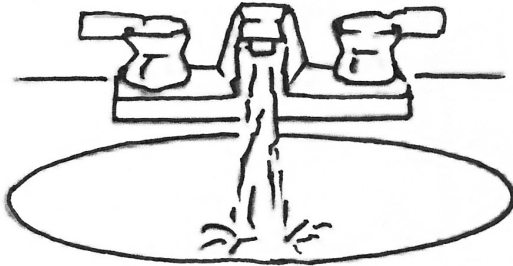




# WASH YOUR HANDS

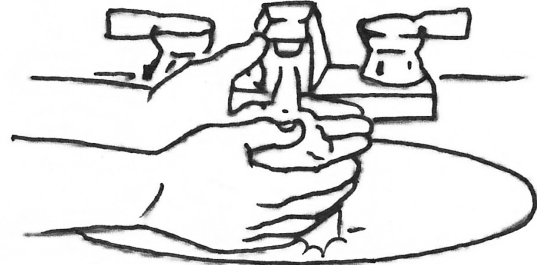
## BEFORE RETURNING TO WORK

### STEP 1



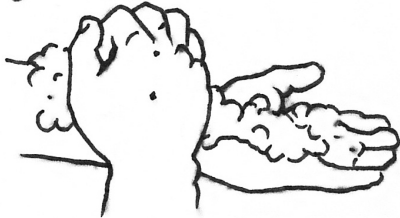
Turn on water (as hot as comfortable).

### STEP 2



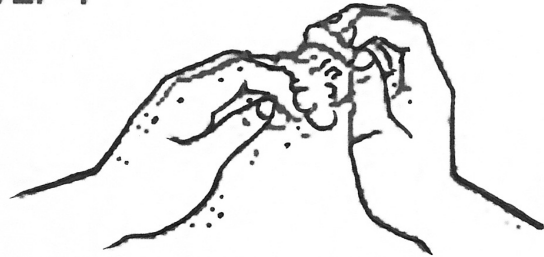
Wet your hands.

### STEP 3



Introduce soap and lather hands, including the backs of your hands and wrists. If you handle food with your hands, wash the food with soap, especially meats.

### STEP 4



Wash each finger for 30 seconds and get under fingernails with a special tool.

### STEP 5



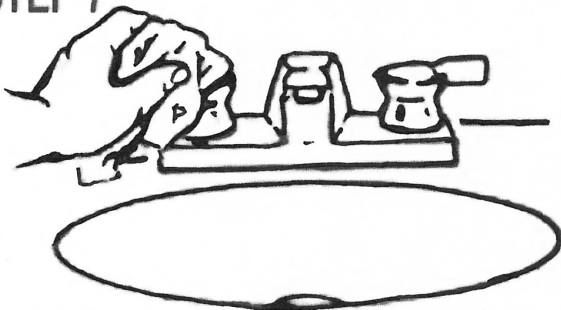
Turn water to the cold setting and scrape off any bubbles that remain.

### STEP 6



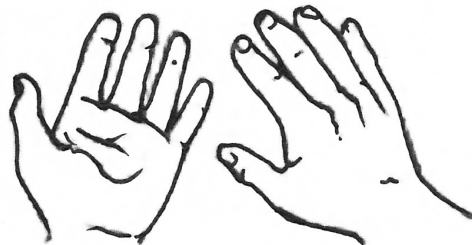
Dry hands off on a special tissue.

### STEP 7



Rub the areas on the sink.

### STEP 8



Inspect hands for symmetry.