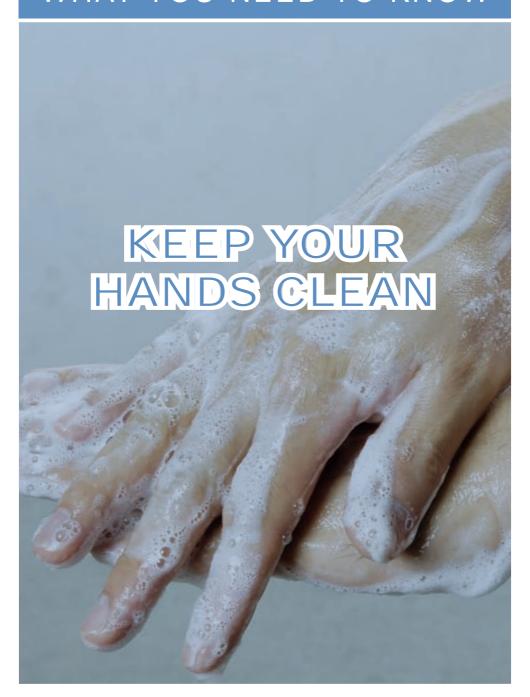
PANDEMIC INFLUENZA WHAT YOU NEED TO KNOW



WASH YOUR HANDS PROPERLY



1. Lather hand with soap



2. Rub your palms



3. Rub each finger and between fingers



4. Scrub nails on palms



5. Rub back of hands and between fingers



6. Wash hands with sufficient clean water



7. Dry hands with clean cloth or tissue



PRACTICE WASHING HANDS:

- After using the toilet
- · Before eating
- · Before and while preparing food
- When you touch raw food materials, contaminated surfaces; your face, nose, ears or other parts of the body
- · Whenever your hands are dirty

REMOVE YOUR RING AND BANGLES/ BRACELETS BEFORE WASHING HANDS



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