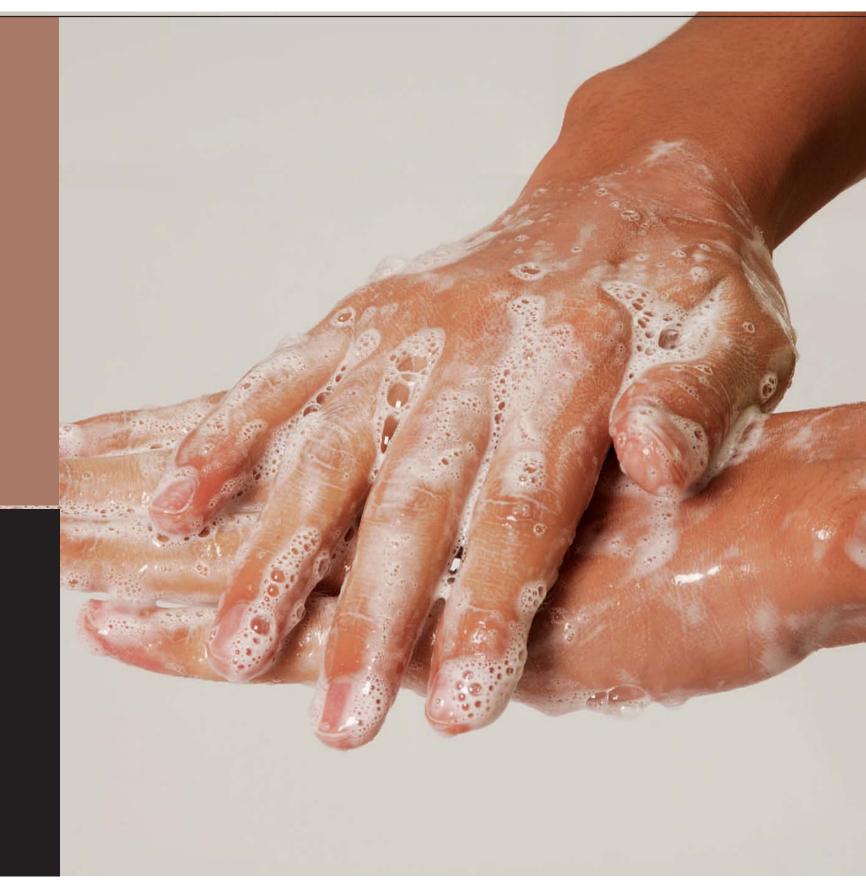
Keep your hands clean

WASH YOUR HANDS PROPERLY



Steps



Lather hand with soap



Rub your palms



Rub each finger and between fingers



Scrub nails on palms



Rub back of hands and between fingers



Wash hands with sufficient clean water



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

Clean hands can prevent disease.
The choice is in your hands



