Jasol
Hygiene First

HOW TO HAND WASH

Stop Germs Spreading • Always Wash Your Hands

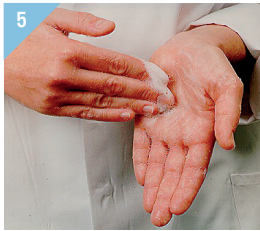**1** In the hand wash basin, wet hands

2 Apply the hand was and work up a lather

3 Interlace fingers and rub lather in-between

4 Cup fingers and lather back and forth

5 Work lather on finger tips into the palm

6 Rotate the lather over each thumb

7 Wash off lather away from the body

8 Dry hands with a single use paper towel

9 Dry front and backs of hands

10 Dry the fingers, nails and in-between fingers

11 Use paper towel to turn off tap

12 Dispose of towel appropriately

It's best and safe practice to wash your hands thoroughly to help prevent the spread of infection and disease.