



Pandemic Flu



Hand Wash Guidance

Wash hands using the following 8 steps.

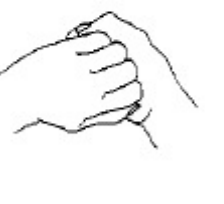

Each step consists of five strokes rubbing backwards and forwards.

- 1.** →   **2.** ←



Wet hands under running water. Take a measure of soap.

Work into hands, palm to palm.
- 3.** →   **4.** ←

Right hand over back of left and vice versa.

Rub palm to palm, fingers interlaced.
- 5.** →   **6.** ←

Back of left fingers to right palms, fingers interlocked and vice versa.

Rotational rubbing of right thumb clasped in left hand and vice versa.
- 7.** →   **8.** ←

Rub left palm with clasped fingers of right hand and vice versa.

Left wrist with right hand and vice versa.

Rinse hands under running water and dry thoroughly