

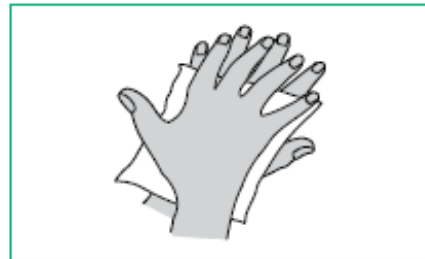
CLEANING YOUR HANDS WITH A WIPE

It is advisable to clean your hands before eating, taking medication after using the commode, bedpan and urinal.

Holding one wipe between the hands, please follow the steps below for at least 30 seconds



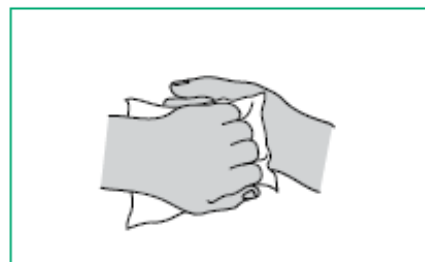
1. Rub hands palm to palm



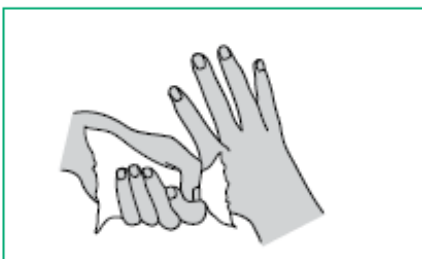
2. Rub back of each hand with the palm of other hand with fingers interlaced



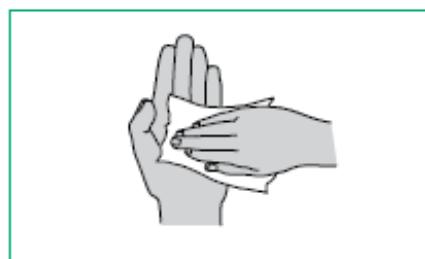
3. Rub palm to palm with fingers interlaced



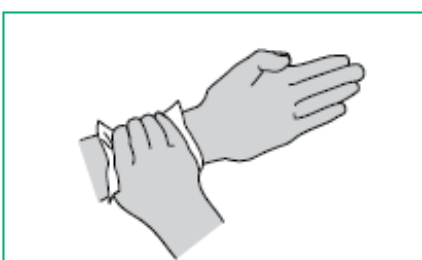
4. Rub with backs of fingers to opposing palms with fingers interlocked



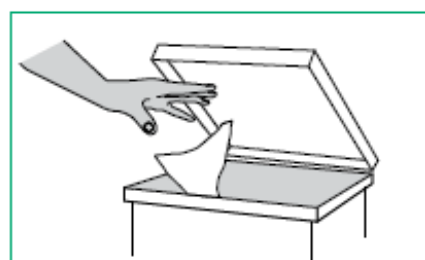
5. Rub each thumb clasped in opposite hand using rotational movement



6. Rub tips of fingers in opposite palm in a circular motion



7. Rub each wrist with opposite hand



8. Discard the wipe in a bin