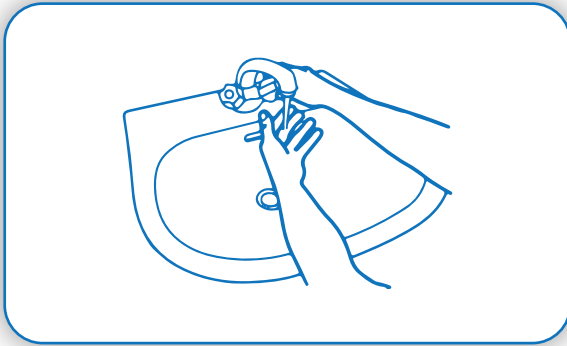
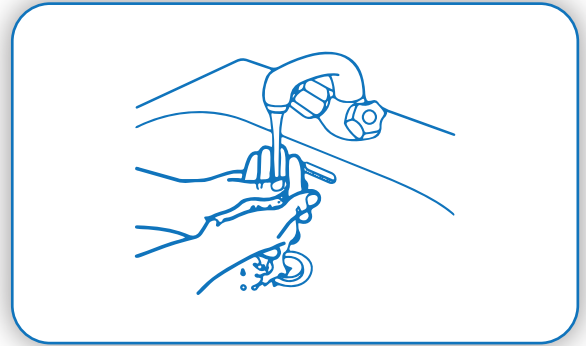


1.



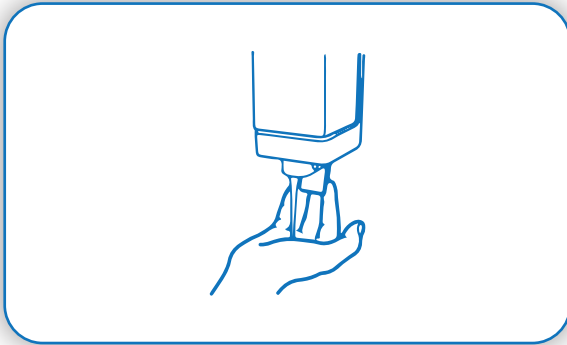
First rinse your hands under warm running water.

3.



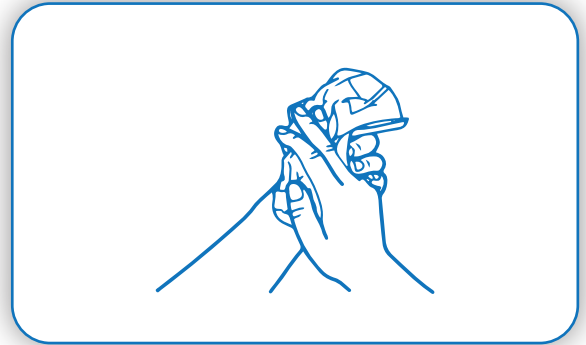
Thoroughly rinse the soap off your hands with warm water.

2.



Scrub your hands with soap, which should be applied to all surfaces of your hands (the palms and the backs of your hands, between the fingers and around the thumbs, under fingernails), for one minute.

4.



Pat your hands dry with a single-use paper towel. Use the paper towel to turn off the tap; do not touch the tap with your freshly washed hands.

1.



Cover your mouth and nose with a paper tissue when you cough or sneeze.



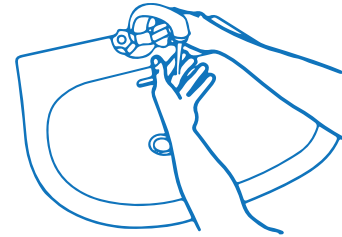
If you don't have a paper tissue, cough/sneeze into your upper sleeve.

2.



Dispose of the tissue in a waste bin after every use.

3.



Wash your hands with soap and water after coughing/sneezing.