

# Hand hygiene is important!

Wash your hands thoroughly...



before starting work.



after contact with spoiled products.



after using the bathroom



after eating or drinking.



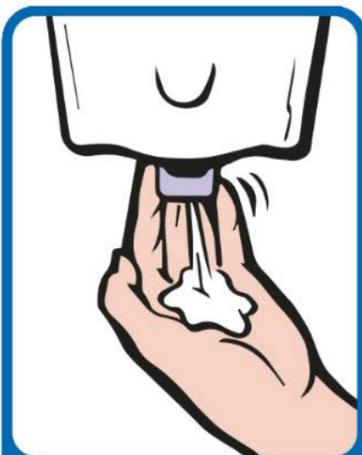
after smoking



after sneezing or coughing



Get your hands wet



Apply soap



Lather and scrub for 20 seconds

Don't forget to wash between fingers, under nails and the backs of the hands



Rinse for 10 seconds



Dry well with paper towels



Shut off water with a paper towel