

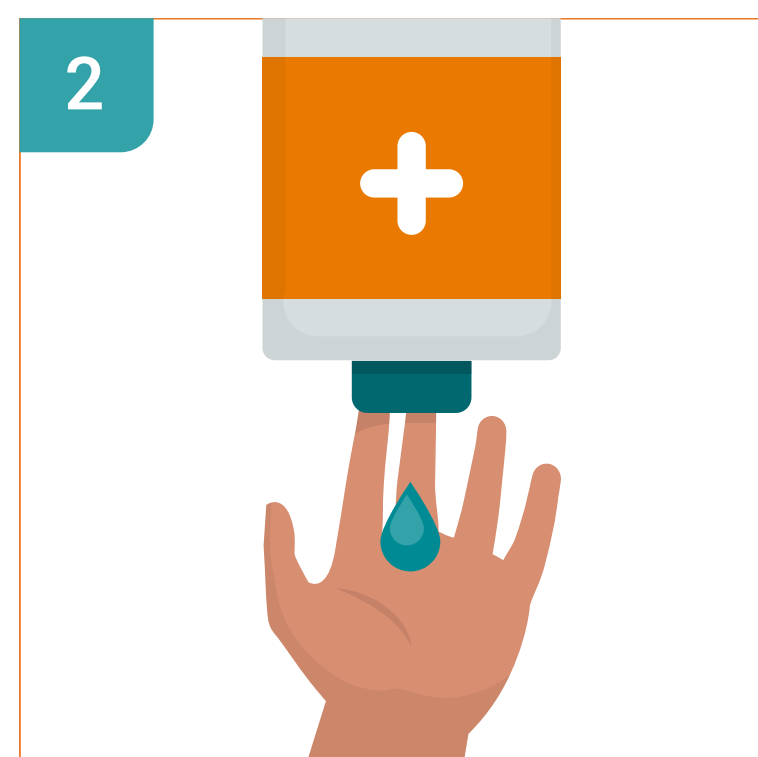
FEEDING[®]
Tampa Bay

How to wash your hands

Protect yourself and others against infections



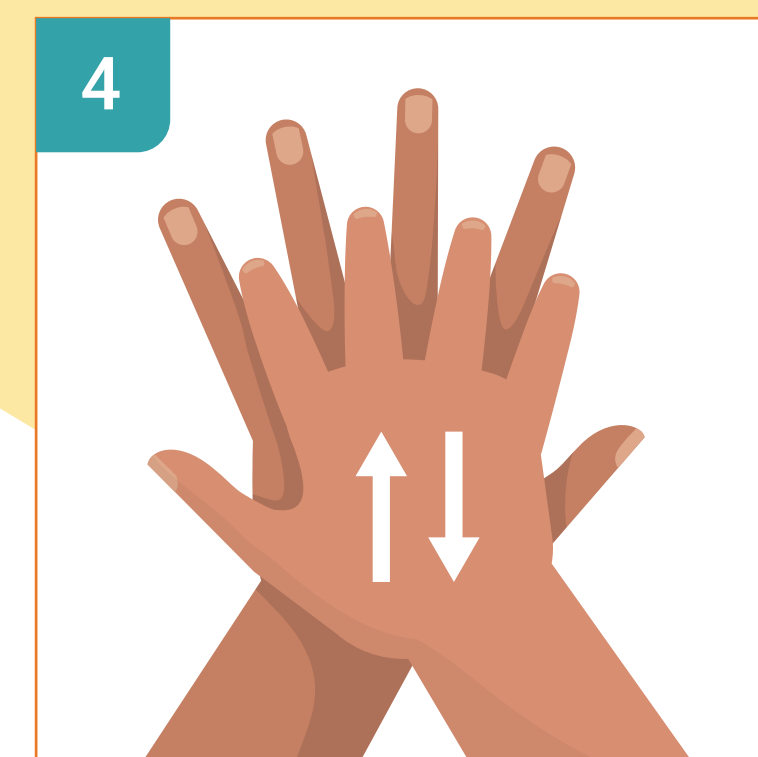
1 Wet hands



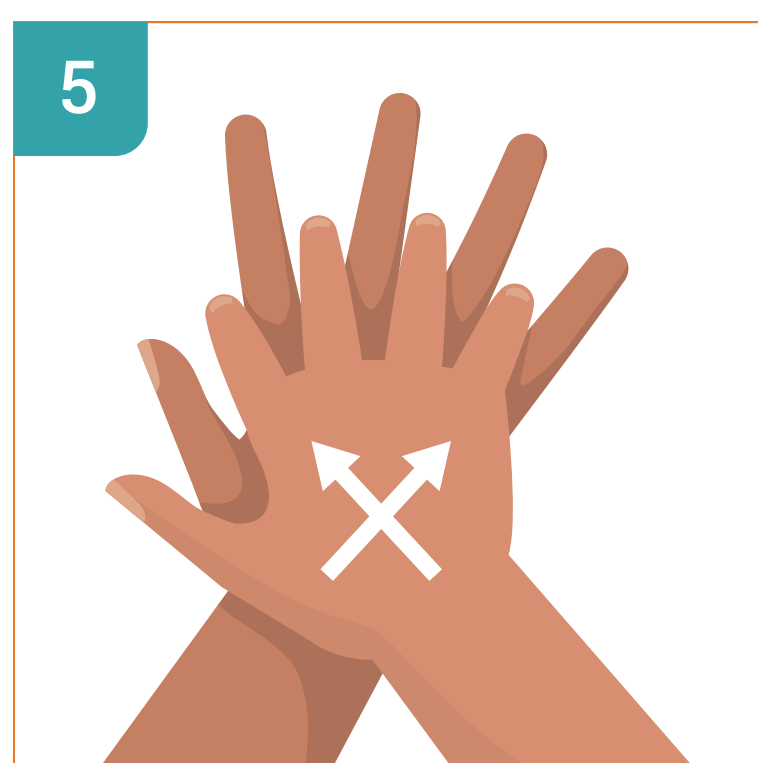
2 Apply soap



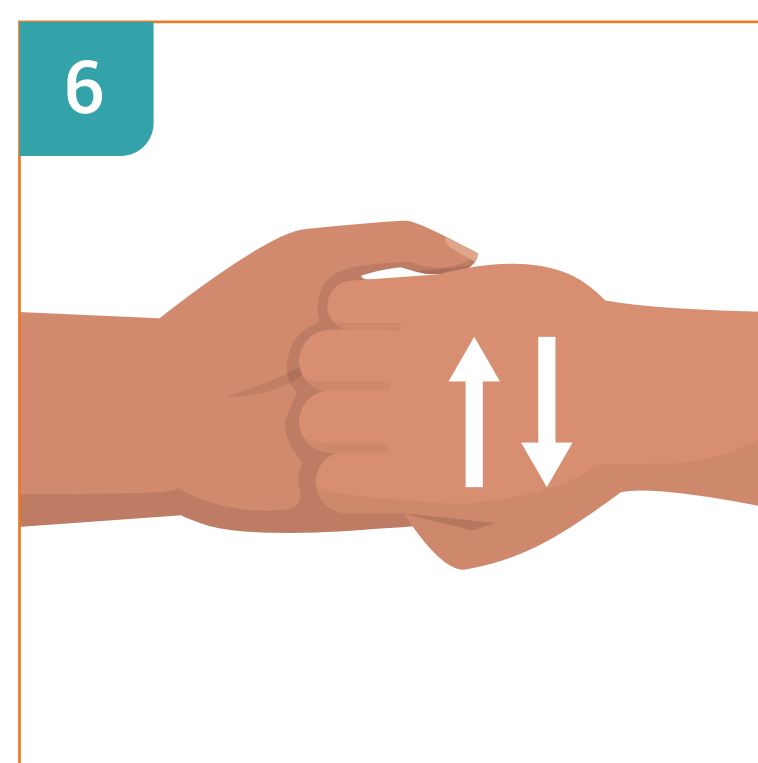
3 Rub hands palm to palm



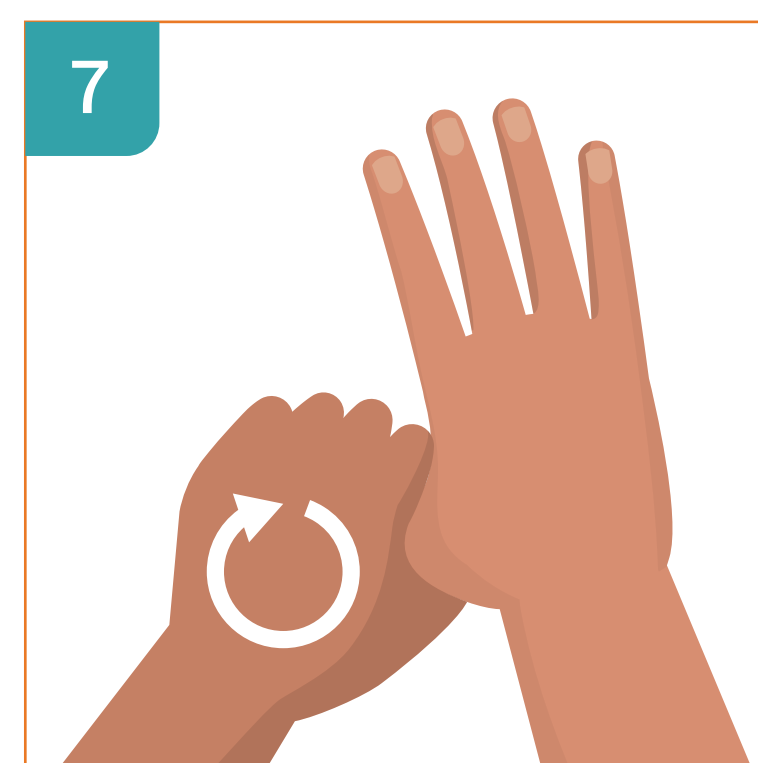
4 Lather the backs of your hands



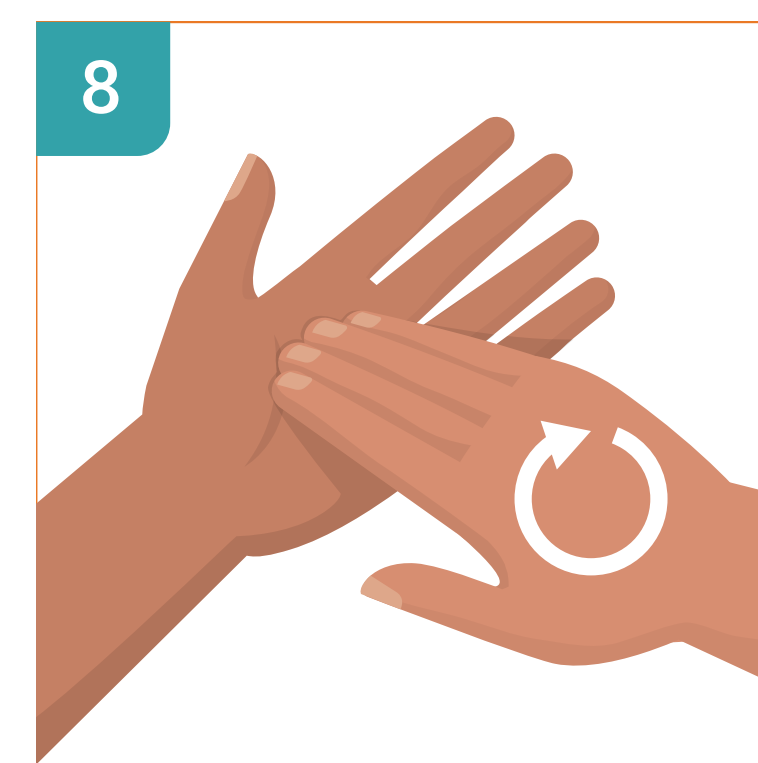
5 Scrub between your fingers



6 Rub the backs of fingers on the opposing palms



7 Clean thumbs



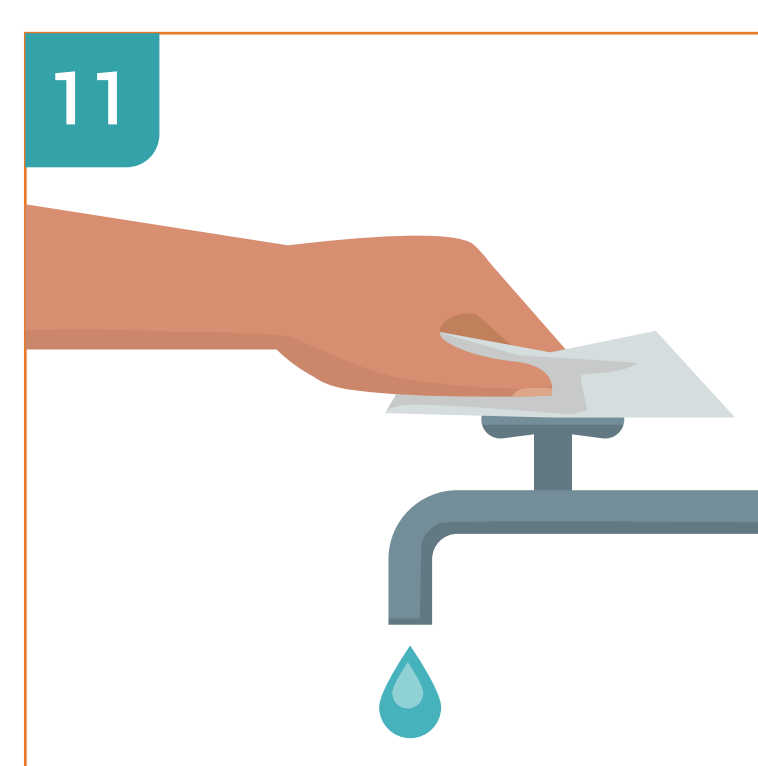
8 Wash fingernails and fingertips



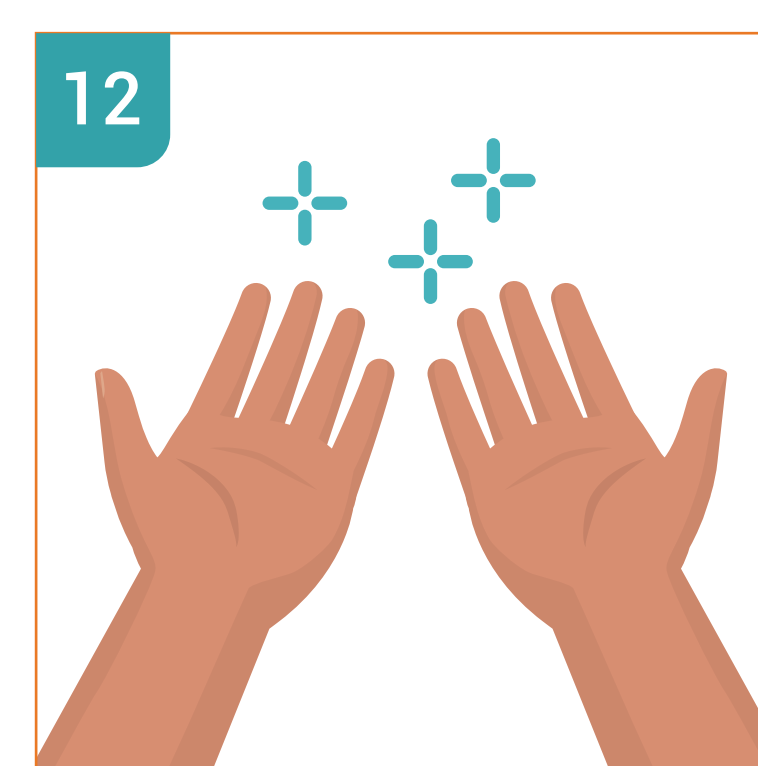
9 Rinse hands



10 Dry with a single use towel



11 Use the towel to turn off the faucet



12 Your hands are clean

Application of Hand Sanitizer



1 Apply the product on the palm of one hand



2 Rub hands together



3 Cover all surfaces until hands feel dry (20 sec)