

# How to wash your hands



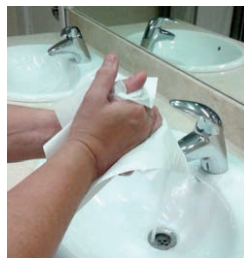
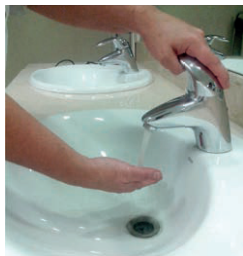
Use cold water  
and soap



Rub them together  
for 40 to 60 seconds



Rinse and dry with  
a disposable towel



Hand washing is the most effective measure  
to prevent infectious diseases.