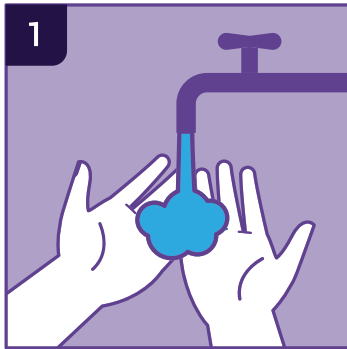
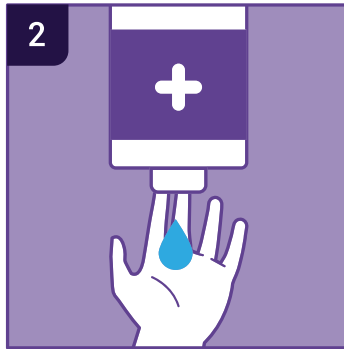


# CHAS<sup>®</sup> HOW TO WASH YOUR HANDS

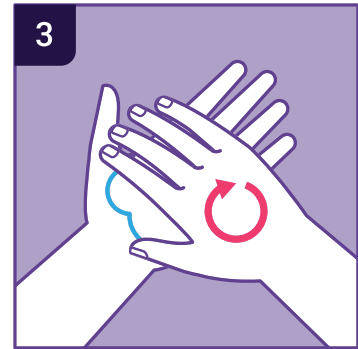
PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS



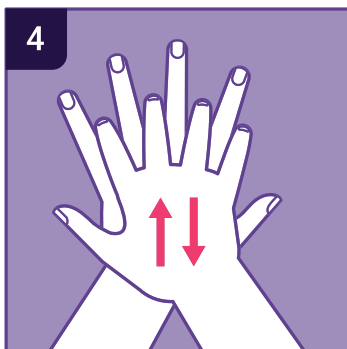
WET HANDS



APPLY SOAP



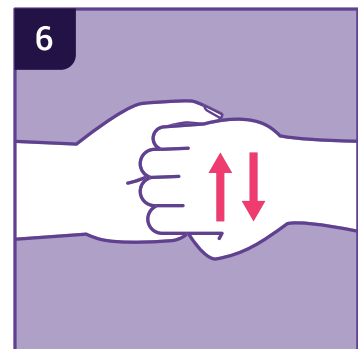
RUB HANDS  
PALM TO PALM



LATHER THE BACKS  
OF YOUR HANDS



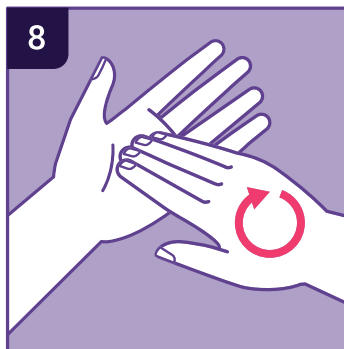
SCRUB  
BETWEEN YOUR FINGERS



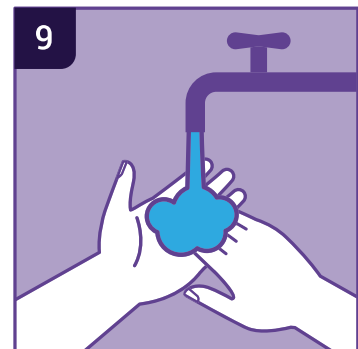
RUB THE BACKS  
OF FINGERS ON  
THE OPPOSING PALMS



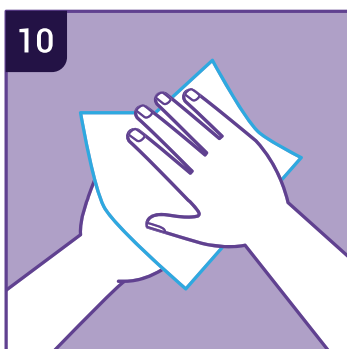
CLEAN THUMBS



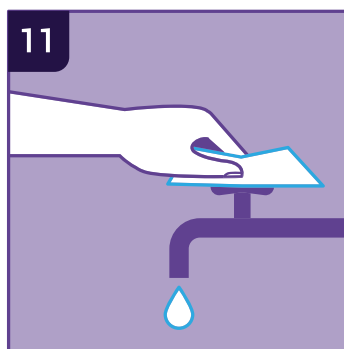
WASH FINGERNAILS  
AND FINGERTIPS



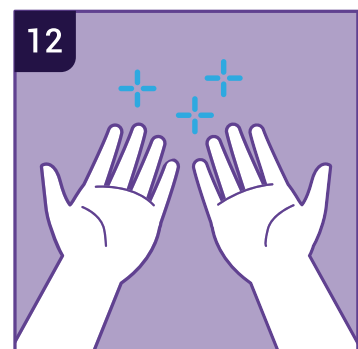
RINSE HANDS



DRY WITH  
A SINGLE USE TOWEL



USE THE TOWEL  
TO TURN OFF THE FAUCET



YOUR HANDS ARE CLEAN

# **Coughs & sneezes spread diseases**



**Always  
carry  
tissues**



**Cover your  
coughs and  
sneezes**



**Throw used  
tissues in a  
bin**



**Always  
clean your  
hands**

## **Stop germs spreading**