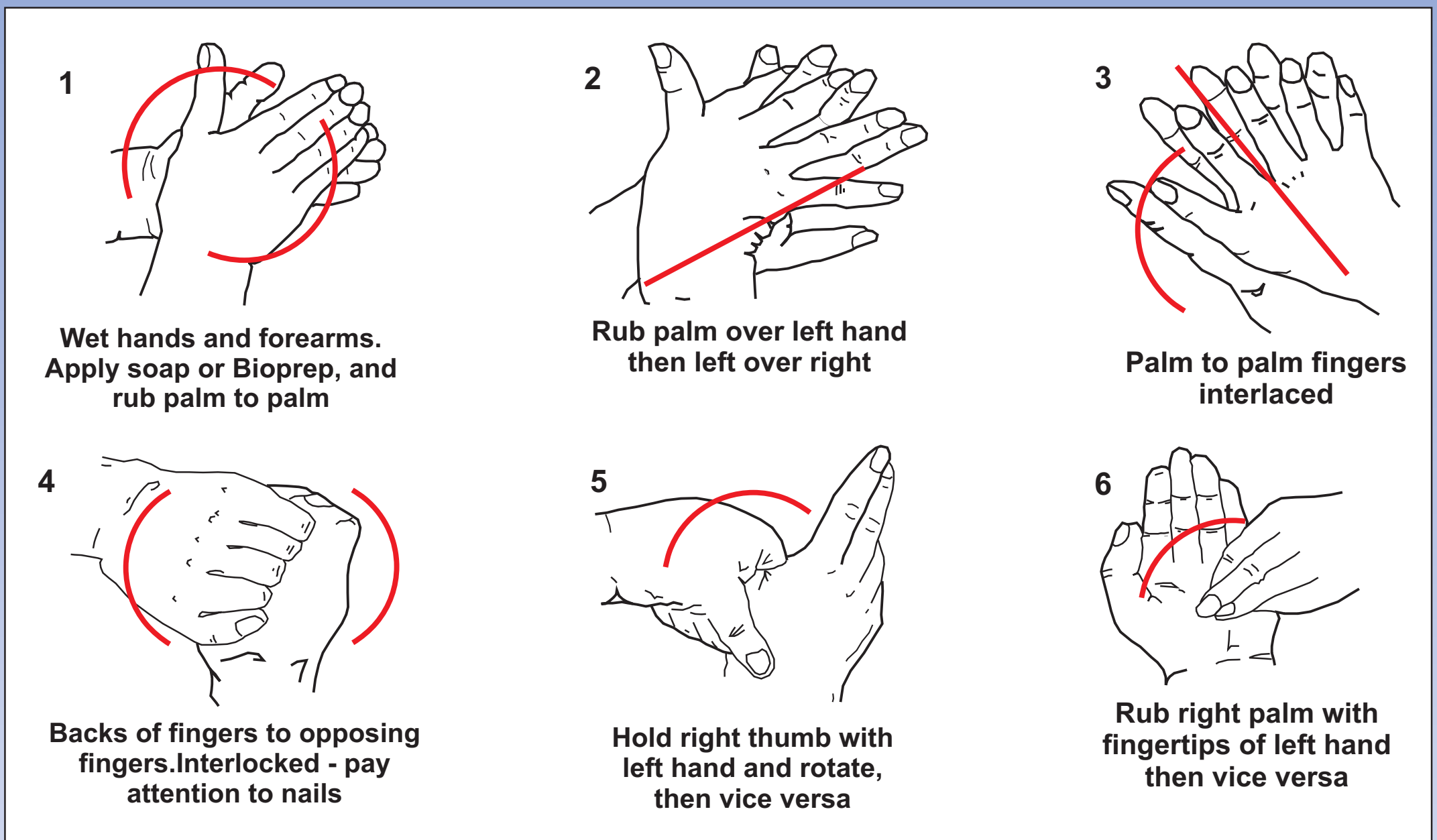


CLEAN HANDS SAVE LIVES!

Clean hands are the single most important factor in preventing the spread of germs.

You should spend at least 20 seconds using the following recommended method for hand washing:



ALWAYS WASH AND DRY HANDS BEFORE:

preparing food
eating or smoking
and after providing first aid
and after handling uncooked food
and after providing care to an ill person

ALWAYS WASH AND DRY HANDS AFTER:

handling linen or cleaning equipment
handling blood or body fluids
toileting or changing nappies
removing gloves
sneezing, coughing or cleaning your nose