

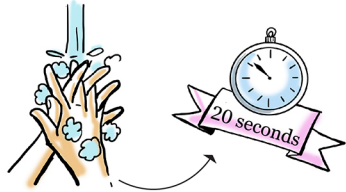
# Warning! Your hands could be dangerous.

## BELOW ARE FIVE STEPS TO PRACTICE HAND HYGIENE:

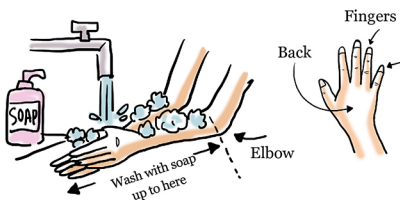
- 1 Wash your hands frequently and thoroughly with soap and water



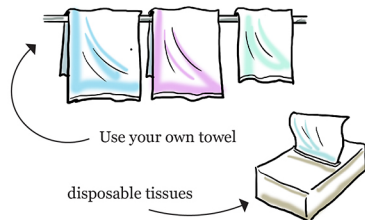
- 2 Ensure that you wash your hands for at least 20 seconds



- 3 Wash all areas of your hands including fingers, palms, back of the hands and wrists, up to your elbows



- 4 Dry hands with your own towel, or with disposable tissues



- 5 Use an alcohol-based hand sanitizer with at least **60% alcohol**, if you don't have immediate access to soap and water



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