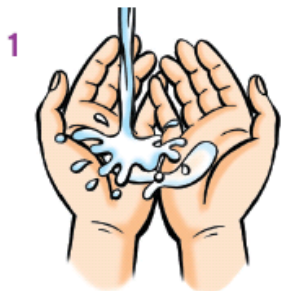


# HAND WASHING

# Epicare 1 & Epicare 5C - Spray Soap

HS/TC/015/03 – August 2017

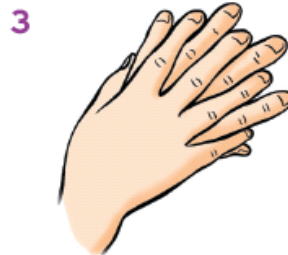
There is no substitute for hand washing. Traditional hand washing is very effective at physically removing dirt and germs from your hands. Provided the 8 steps are followed correctly, you can contribute to preventing the spread of noroviruses.



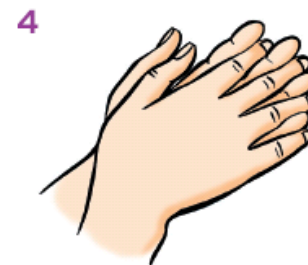
**1**  
Wet hands under running water.



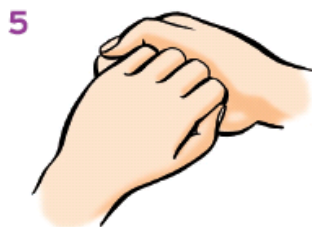
**2**  
Apply soap and rub palms together to ensure complete coverage



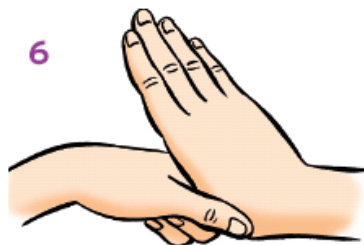
**3**  
Spread the lather over the backs of the hands



**4**  
Make sure the soap gets in between the fingers



**5**  
Grip the fingers on each hand



**6**  
Pay particular attention to the thumbs



**7**  
Press fingertips into the palm of each hand



**8**  
Rinse and dry thoroughly with a clean towel