

Hands and fingers washing procedure(Soap solution)

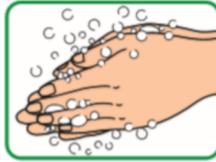
SARAYA



1 First, wet your fingers and hands with running water



2 Take an appropriate amount of soap solution into your palm



3 Rub your **both palm** together and lather well



4 **Back of the hand** wash by the other palm (both hands)



5 Cross your fingers and wash **between the fingers** of both hands



6 Wrap **your thumb** in the other hand, then wash (both hands)



7 Wash **your fingertips** on the other palm (both hands)



8 Carefully wash **up to both wrists**.



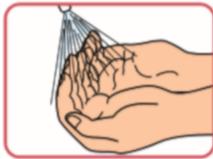
9 Rinse well with running water



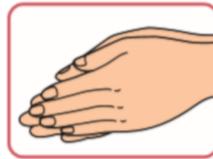
10 Wipe off moisture by a paper towel

Hands and fingers disinfection procedure(Alcohol disinfectant)

SARAYA



1 Receive the right amount on your hand while bend your fingers and spraying "quick drying hand disinfectant"



2 Rub **palm with other palm**



3 Rub **your fingertips and back of your fingers** with your other hand's palm



4 Rub **the back of your hand** with the other palm (both hands)



5 Cross your fingers and rub **between your fingers**



6 Wrap **your thumb** with your other hand then rub while twisting (both hands)



7 Rub carefully **up to both wrists**



8 Rub until dry