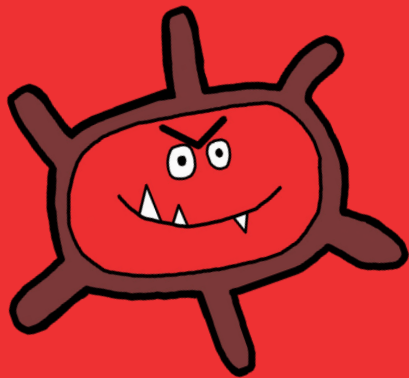


# OUR HEALTH TIP: **SAFE HAND WASHING**

If you get sick, don't spread it!



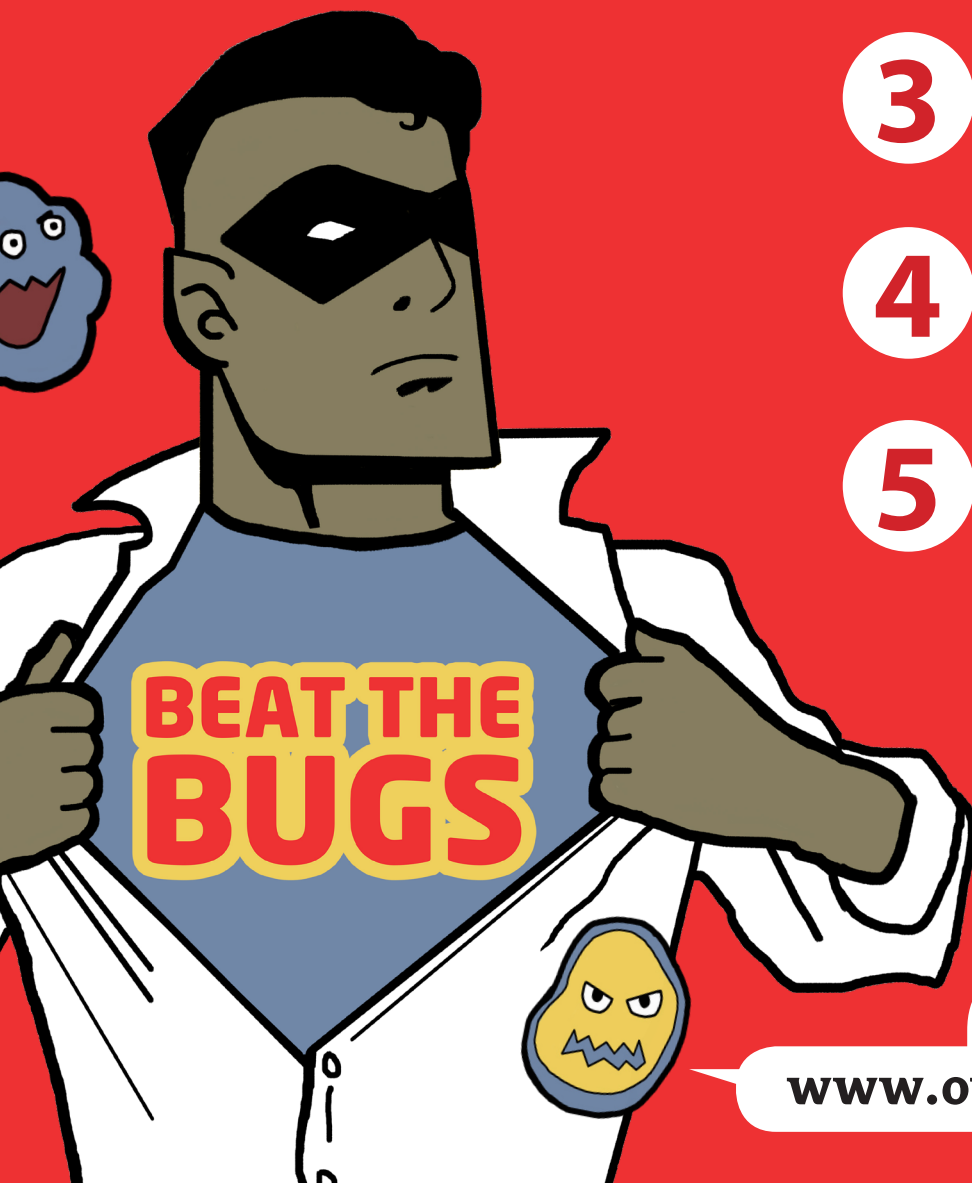
**1 WET**

**2 SOAP**

**3 WASH**

**4 RINSE**

**5 DRY**



For more information

[www.ourhealthhb.nz](http://www.ourhealthhb.nz)