




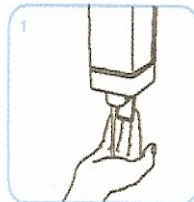
# How to handwash?

WASH HANDS ONLY WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB!

 Duration of the entire procedure: 40-60 sec.



Wet hands with water



apply enough soap to cover all hand surfaces.



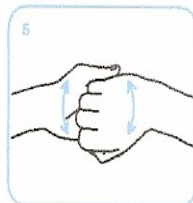
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



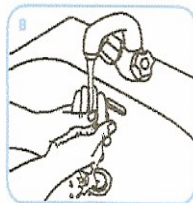
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



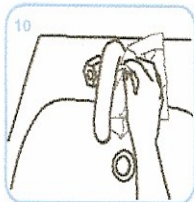
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

## Yeŋo ye yok cau aya wëcku ciin kua?

Cau ë ciin kekë athabun ku piu aya wëc ë ciin kekë wel mou cï looi e kaam nyany tënë ciin kua yen lëu be tuany bëi.

Nyiëny e kaamkë ee banj thuok ciën cï lëu bë tuany yok yök aya lueth tuany tënë koc koc.

Yok aa dëët yin pour in ba rot mat tënë koc luoi kat pial guop në cot nhial e luoi puoth e wëc ciin kua në lueŋ yöt ku tëjel yin panakim dën.

Loi loi koc ë acol cin töthin:

tëcï yin lo ë von athëk

tënoot yin e yi këc cäm aya

dëkgë

tëcï yin waragaak looi ba wumdu

wëc.

**Na cï yin lëu ba wel mou lo'k cin loi ë rin athëk aya wël ciëŋ ke yin liëm ba athabun loi ku piu bë yin ke ciindu lo'k.**

## Ye kadië të'lëu bë yin ke wel mou cï tääu loi.

Tuany kuta në gadhadh nom rin be n'uec wel mou cï tääu t'ëk piny.

Tac wel e yi ciin apiäth ku ba nyic lon cï yen ciin kuom piny ëbën agut cï yuom thok. Wel aya tac abën agut abe thiän.

1 Bë bëi bëc emetonë në e cin cilicdu



2.Coth ciin kedhië



3. Nai ciin kööth ëbëmagut abe thiän.

