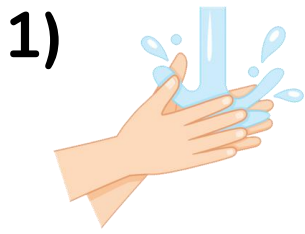
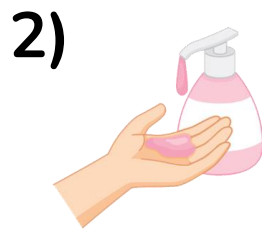


Handwashing Saves Lives!

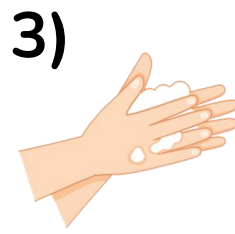
Decrease the Spread of Harmful Viruses & Bacteria



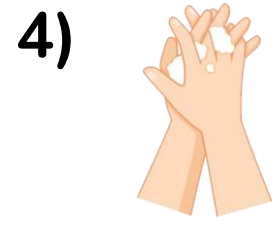
1)
Wet hands with water



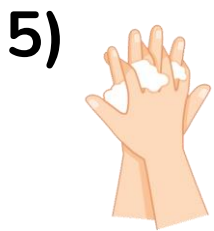
2)
Use soap



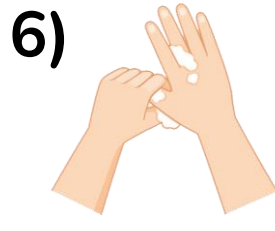
3)
Rub your palms



4)
Rub palm to palm fingers interlaced



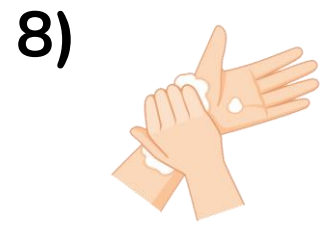
5)
Rub back of hands



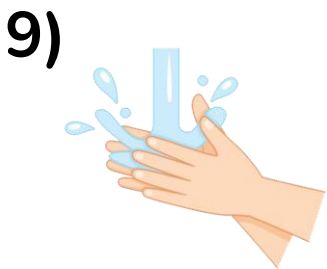
6)
Rub base of thumbs



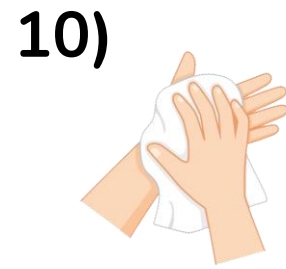
7)
Scrub fingernails



8)
Rub around wrists



9)
Rinse with water



10)
Dry hands thoroughly with towel

If soap and water are unavailable, use hand sanitizer that contains at least 60% alcohol

Wash your hands for 20 seconds!
Grab the door handle with a paper towel to open the restroom door.



To learn more about our doctor's group,
call Member Relations: (415) 590-7418



aamgdoctors.com



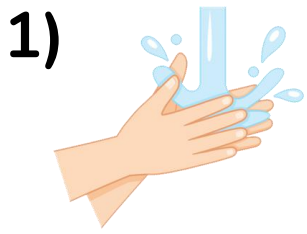
youtube.com/AAMGDoctors



facebook.com/DoctorsAAMG

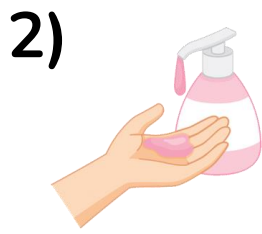
洗手可以挽救生命！

減少有害病毒和細菌的傳播



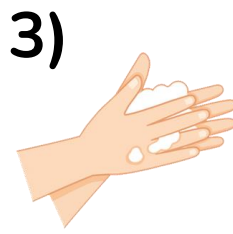
1)

用水濕手



2)

用肥皂



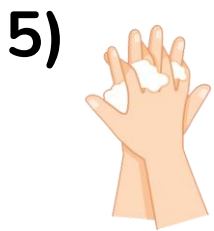
3)

揉搓手掌



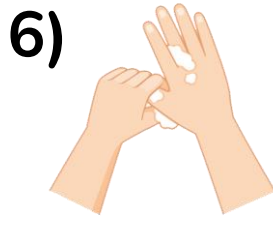
4)

手指交叉搓洗



5)

搓洗手背



6)

搓洗拇指



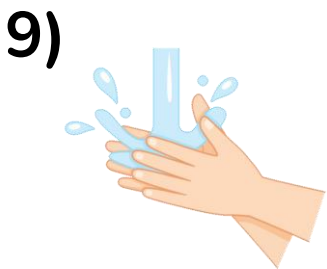
7)

搓洗指甲



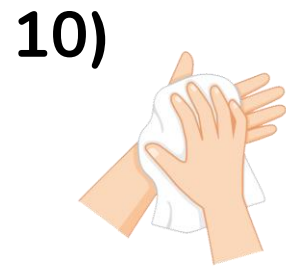
8)

搓洗手腕



9)

用水沖洗乾淨



10)

用毛巾
徹底擦乾雙手

如果沒有肥皂和水，
可使用含60%酒精
的搓手液

洗手20秒！ 利用紙巾包住門把手打開洗手間的門。