



God hendl'g'ien
Hand hygiene is essential for preventing the spread of infections. Please use hand sanitizer or wash your hands with soap and water for at least 20 seconds.

- 1. Wet your hands with water.
- 2. Apply a small amount of hand sanitizer.
- 3. Rub your hands together, covering all surfaces.
- 4. Rub for at least 20 seconds.
- 5. Rinse with water and dry.

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