

SHOWERING INSTRUCTIONS

1. Wash your hair first

Tilt your head back to wash and rinse your hair

2. Gently wash your skin

Lather well, but do not scrub hard

3. Rinse soap and water away from your face

Try not to get soap or rinse water in your eyes or mouth

4. Dry your face first, then your hair, then your body

If you have one, use a separate towel to dry your body

5. If you need help, ask a shower attendant

