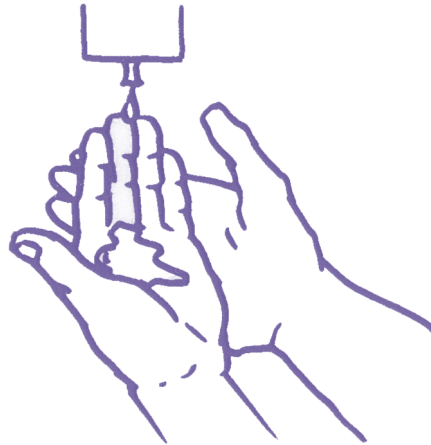


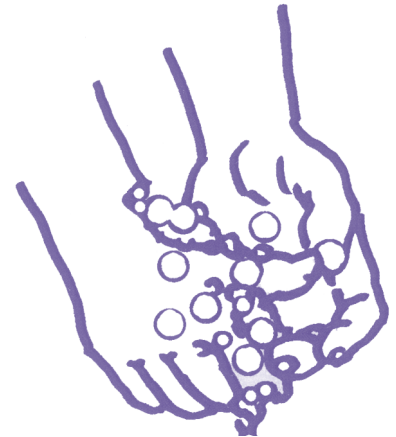
# WASH YOUR HANDS!



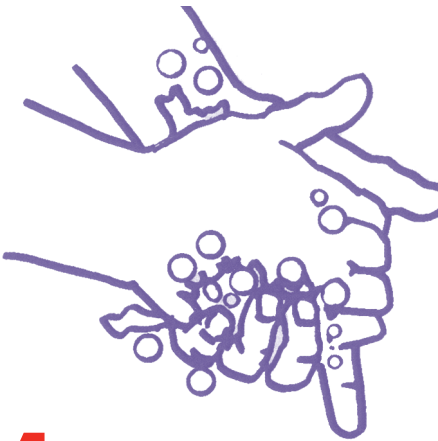
**1.** Start with warm water or hot water.



**2.** Use soap and make a lather.



**3.** Rub and scrub thoroughly for 20 seconds.



**4.** Scrub palms, back of hands, between fingers and under fingernails.



**5.** Rinse well, and then use a paper towel to shut off the faucet.



**6.** Dry hands completely.

## WHEN SHOULD I WASH MY HANDS?

- Before and after preparing or eating food
- During your illness
- After blowing your nose, coughing or sneezing
- After using the bathroom



**STOP THE SPREAD!**