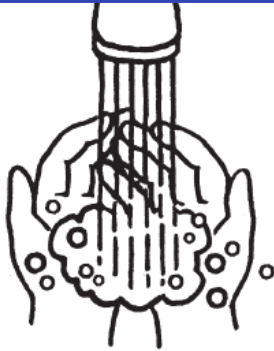


Hand Washing



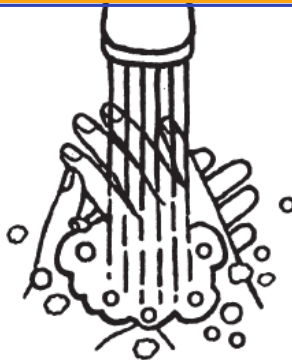
1. Wet hands.



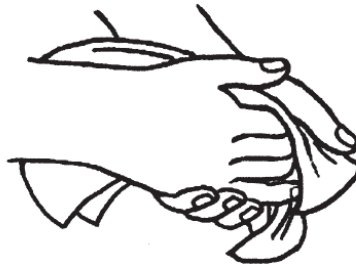
2. Apply soap.



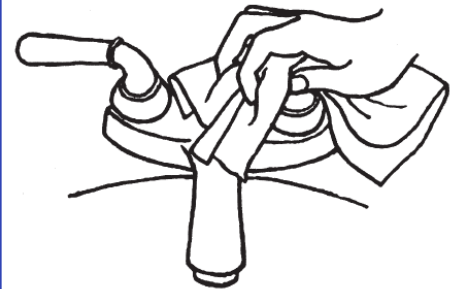
3. Lather for 15 seconds. Rub between fingers, back of hands, fingertips, under nails.



4. Rinse well under running water.



5. Dry hands well with paper towel or hot air blower.



6. Turn taps off with paper towel, if available.

Stop the Spread of Germs!

Always Wash Your Hands

After you:

- Sneeze, cough or blow your nose
- Use the bathroom or change diapers
- Handle garbage

Before AND After you:

- Prepare or eat food
- Touch a cut or open sore