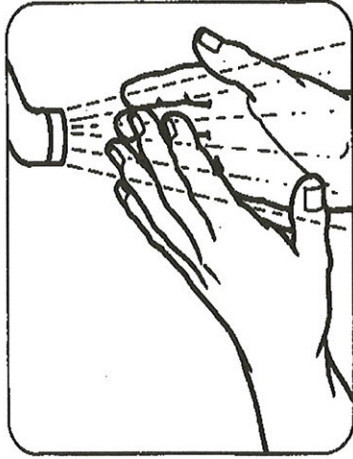
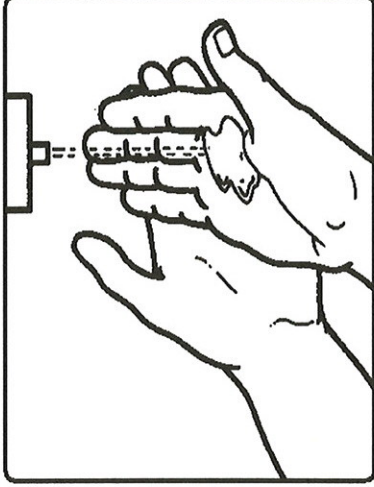


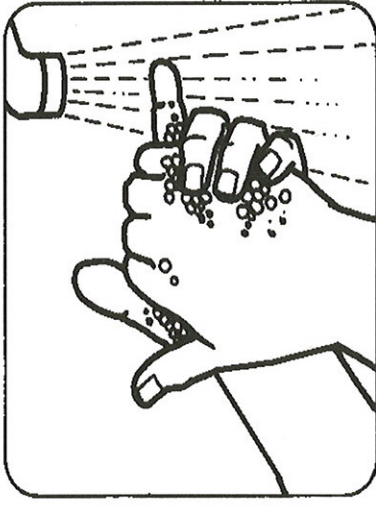
Control the spread of germs ... Wash your hands



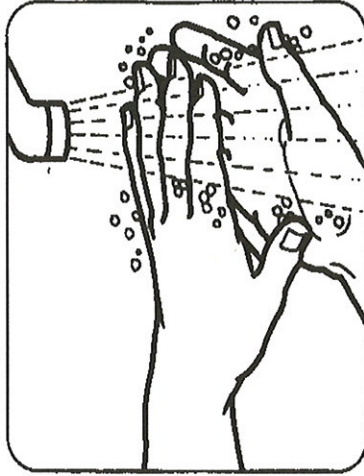
1. Wet your hands with warm, running water



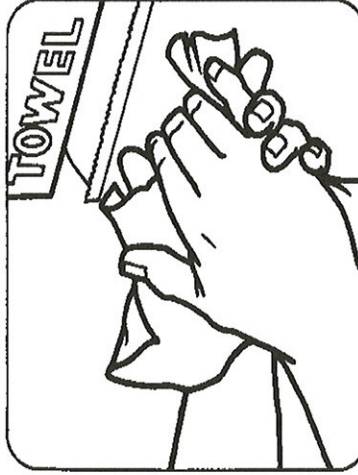
2. Apply soap and lather beyond wrist.



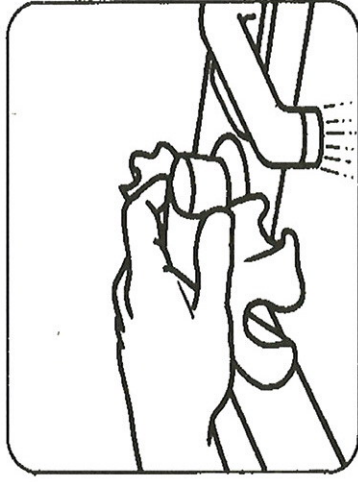
3. Rub your soapy hands together briskly for 30 seconds or more. Clean fronts, backs webs and fingernails.



4. Rinse under running water.



5. Dry hands with a single use paper towel or hot air dryer.



6. Turn off taps with paper towel.

Wash away germs after every possibility for contamination.

Before: Touching food
Eating meals or snacks
Touching a cut or wound

After: Using the toilet
Touching animals
Coughing, sneezing,
or blowing your nose

Handling money
Playing outside
Touching your shoes
Changing babies diapers

