

# Control the spread of germs... Wash your hands



Wet hands and apply soap. Cover all areas of your hands as shown below. Rinse hands and pat dry with disposable towel. Turn off tap with towel.



Wash away germs after every possibility for contamination.

Before: Touching food, eating food, or touching a cut or wound, etc.

After: Using the toilet, touching animals, coughing, sneezing, blowing your nose, handling money, playing outside, touching your shoes, changing babies diapers, etc.

