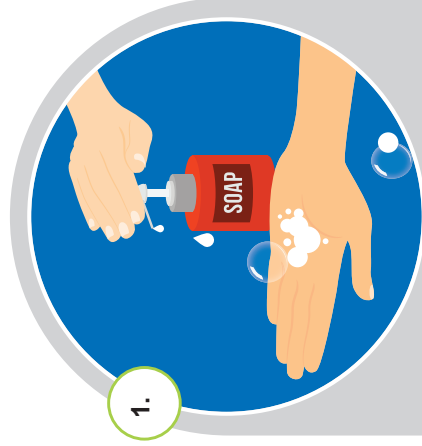


HAND WASHING

What You Need to Know



HAND WASHING STEPS



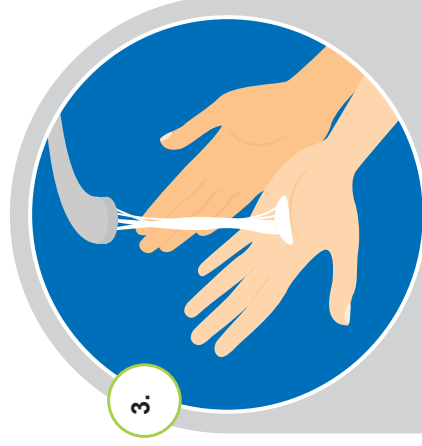
1.

Wet your hands with warm water. Rub your hands together for at least 20 seconds.



2.

Wash under fingernails, between fingers, back of hands and wrists.



3.

Rinse your hands well under warm running water.



4.

Dry your hands completely. In the home, change hand washing towels often.

THE MOST IMPORTANT THING YOU CAN DO TO PREVENT THE SPREAD OF ILLNESS IS WASH YOUR HANDS OFTEN

Washing hands is more effective than hand sanitizer.