

STOP THE SPREAD OF GERMS
THAT MAKE YOU AND OTHERS SICK

WASH YOUR HANDS



You have to rub your hands for at least 20 seconds to get rid of germs.

Follow these instructions:



1. Wet Hands



2. Apply Soap



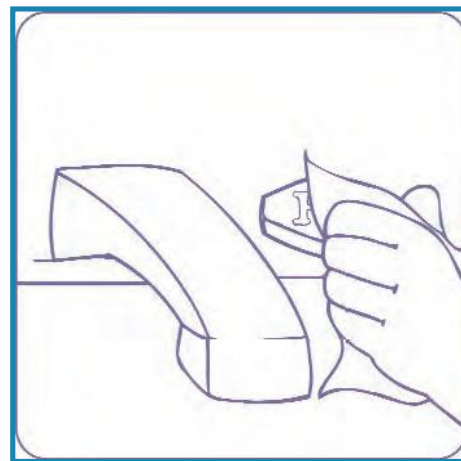
3. Wash 20 Seconds



4. Rinse Hands



5. Dry Hands



6. Turn off Water With Paper Towel

For Alcohol-Based Hand Sanitizer:

Use Enough to Cover All Surfaces of Hands and Rub until Dry.

