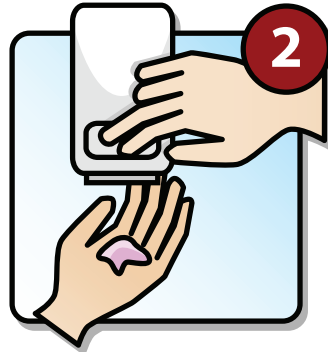


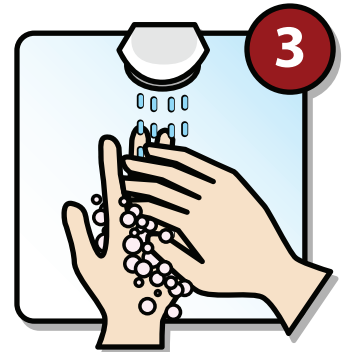
Wash your Hands



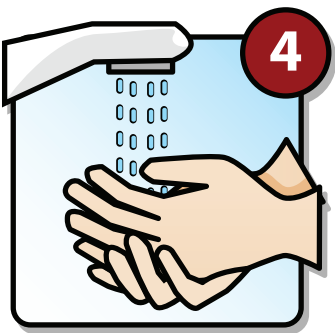
Wet your hands



Use soap



Lather and scrub for for at least 15 seconds



Rinse



Dry your hands



Turn off taps with towel

Hands should be cleaned before:

- Preparing and serving meals
- Eating and drinking
- Feeding an infant
- Tending to someone who is ill
- Treating a cut or wound
- Putting in or taking out contact lenses
- Any time hands are visibly dirty
- Putting on disposable gloves

Hands should be cleaned after:

- Coughing, sneezing or blowing your nose
- Using the bathroom or helping in the bathroom
- Tending to someone who is sick
- Handling dirty laundry and garbage
- Playing with or touching your pet
- After touching “high-traffic” items, like doorknobs
- Taking off disposable gloves