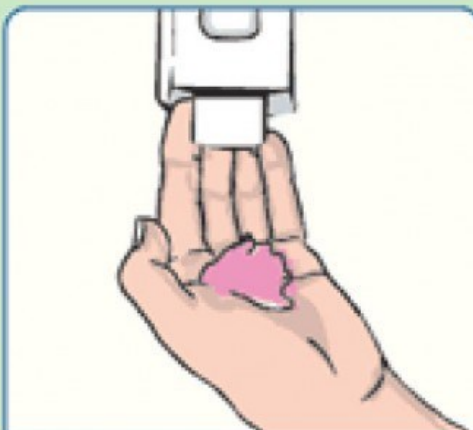


# FIGHT GERMS BY WASHING YOUR HANDS!



**1** Wet your hands



**2** Soap



**3** Lather and scrub - 20 sec



**4** Rinse - 10 sec



**5** Turn off tap



**6** Dry your hands

## DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

Remember to wash hands before and after handling food or eating, after using the restroom or changing a diaper, sneezing, blowing your nose, coughing, touching a cut or open sore, gardening, or handling animals.

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**Safety**  
Is In Everybody's Job Description