



# PROTECT YOUR HEALTH!

## PLEASE Wash Your Hands



1. **Wet** your hands with clean, running water, turn off tap, and apply soap.

2. **Lather** your hands by rubbing them together with soap. Lather the backs of your hands, between your fingers, and under your nails.



3. **Scrub** your hands for at least 20 seconds.

4. **Rinse** your hands with clean, running water.

5. **Dry** your hands with a clean towel or air dry them.

