

How

- ◆ Use soap and running water
- ◆ Rub your hands vigorously for 20 seconds
- ◆ Wash all surfaces, including the back of hands, wrists, fingernails and between fingers
- ◆ Rinse well
- ◆ Dry hands with paper towels
- ◆ Turn off water using a paper towel instead of bare hands

When

- ◆ After touching animals
- ◆ After playing outside
- ◆ After coughing and sneezing
- ◆ Before and after eating
- ◆ After using the bathroom

STOP DISEASE IN ITS TRACKS

WASH YOUR HANDS



**and do it
the right way!**