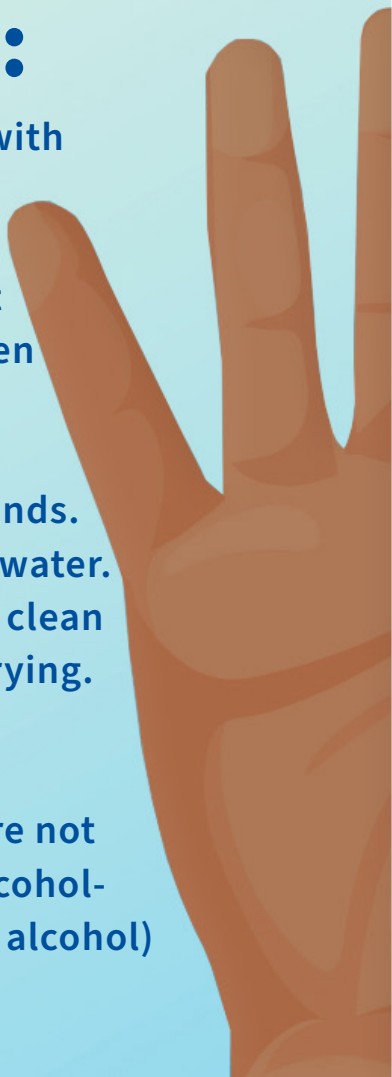


Your hands carry germs you can't see.

How:

1. Wet your hands with clean water.
2. Soap them up.
3. Scrub them front and back, between your fingers, and under your nails.
4. Scrub for 20 seconds.
5. Rinse with clean water.
6. Dry hands with a clean towel or by air drying.
7. Repeat often.

If soap and water are not available, use an alcohol-based (at least 60% alcohol) hand sanitizer.



When:

- OFTEN and REGULARLY,
- especially:
 - After coughing or sneezing
 - Before and after visiting someone who is sick
 - After using the bathroom
 - Before eating or cooking
 - After blowing your nose



You can stop them from spreading. Wash your hands!