

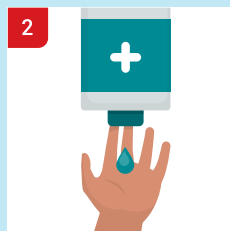


WASH HANDS OFTEN

with soap and water for at least 20 seconds, then dry thoroughly



1
wet hands
thoroughly



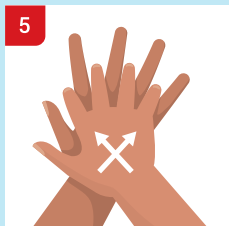
2
generously
apply soap



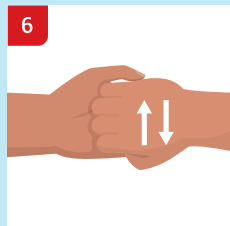
3
rub hands
palm to palm



4
lather the backs
of your hands



5
scrub between
your fingers



6
rub the backs of fingers
on the opposing palms



7
clean
thumbs



8
wash fingernails
and fingertips



9
rinse hands
thoroughly



10
dry with a
single-use towel



11
use the towel to
turn off the faucet



ALT
IF NO TOWELS: use heat
dryer, then turn faucet
off with elbow