

Wash Your Hands

Prevent Flu and Other Diseases



Step 1
Wet Hands



Step 2
Dispense Soap



Step 3
Lather
for at least 15 seconds
and scrub nails
against palms.



Step 4
Rinse



Step 5
Clean thoroughly
with clean towel
or air dry



Step 6
Turn off tap with
paper towel
if available

Always clean your hands before eating and after touching commonly shared objects. Use hand disinfectant when soap and/or water are not available..

A Message Brought to you by...

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