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.

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