

Tip

ALWAYS WASH YOUR HANDS PROPERLY

1

Wet hands with clean water.

2

Use antibacterial soap.

3

Scrub hands for at least 20 seconds.

4

Clean between fingers and thumbs.

5

Clean beneath fingernails.

6

Rinse thoroughly with clean water.

7

Dry hands with a clean towel/disposable towel.

8

Use towel to shut off water supply.

For more information visit the Centers for Disease Control & Prevention:

www.cdc.gov