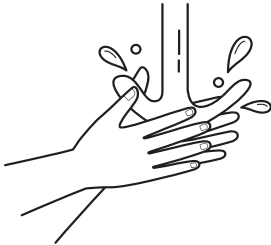


# Protect Yourself and Others from Germs and Diseases

# WASH YOUR HANDS THOROUGHLY

FOR AT LEAST 20 SECONDS!

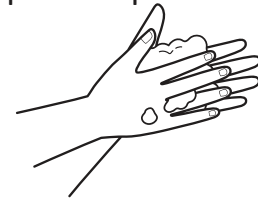
**1.** Wet hands with water.



**2.** Use soap.



**3.** Rub hands together palm to palm.



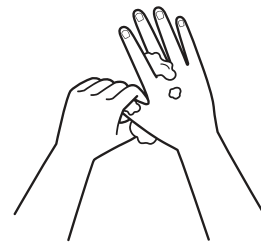
**4.** Palm to palm with fingers interlaced.



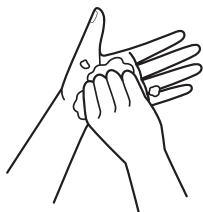
**5.** Palm to back of hand with fingers interlaced.



**6.** Don't forget to wash your thumbs!



**7.** And fingernails!



**8.** Rotationally rub wrists.



**9.** Rinse hands with water.



**10.** Dry hands thoroughly.



## MORE PRECAUTIONARY TIPS

- Grab a paper towel before beginning to wash your hands.
- When finished, turn off the water faucet with the paper towel or your elbow.
- Open the door with the paper towel.
- Avoid shaking hands; bump elbows instead!



PUBLIC HEALTH

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