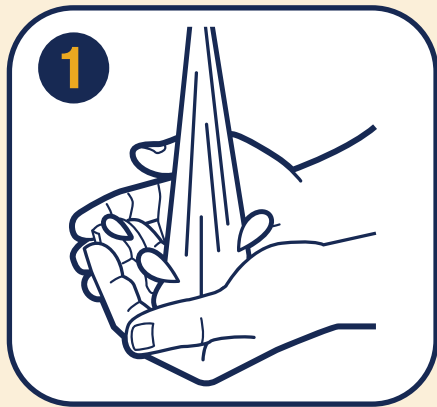


WASH YOUR HANDS

- Before and after handling food or eating.
- After using the bathroom or changing diapers.
- After touching a cut or open sore.
- After sneezing, blowing your nose or coughing.
- After playing outside or with pets.



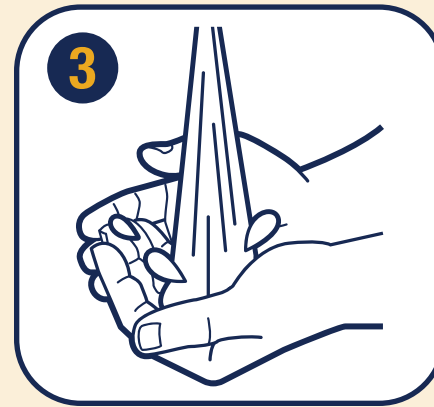
WET

Wet your hands with **WARM**, running water.



WASH

Add soap and rub hands together, front and back, between fingers and under nails for about 20 seconds.



RINSE

Rinse your hands thoroughly.



DRY

Dry hands with clean paper towel(s).