

# PLEASE WASH YOUR HANDS



## Wet

your hands with clean, running water, turn off tap, and apply soap.



## Lather

your hands by rubbing them together with soap. Lather the backs of your hands, between your fingers, and under your nails.



## Scrub

your hands for at least 20 seconds.



## Rinse

your hands with clean, running water.



## Dry

your hands with a clean towel or air dry them.

## Protect Your Health!

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