

HOW TO

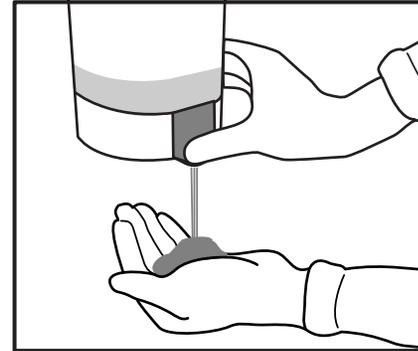
Wash Your Hands to prevent illness

Wash your hands:

- When they are dirty
- After using the bathroom
- After sneezing, coughing, or using tissue
- Before and after making or serving food
- Before and after eating
- Before feeding a baby
- Before and after changing a baby's diaper
- After touching dirty laundry
- After touching the garbage or trash
- After taking off disposable gloves
- After touching animals or animal waste



Wet



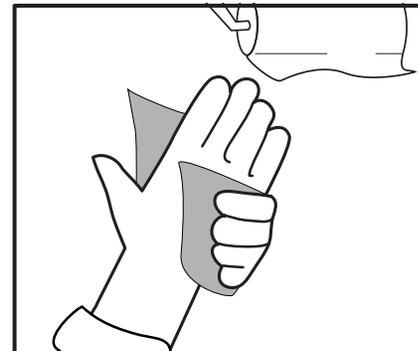
Soap



**Rub for 15–20
seconds**



Rinse



Dry



**Turn off water
with paper towel**