

# WASH YOUR HANDS

Lather for at least 20 seconds. (Sing the ABCs!)



1 Lather soap



2 Palm to palm



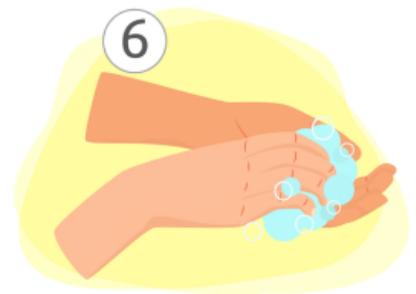
3 Back of hands



4 Between fingers



5 Focus on thumb



6 Finger tips & nails



7 Focus on wrists



8 Rinse well



9 Dry hands



Cough and sneeze into a tissue, into your elbow, or some other cover to avoid dispersing germs.

As much as possible, keep your hands away from your eyes, nose, and mouth during the day.

