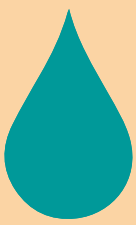
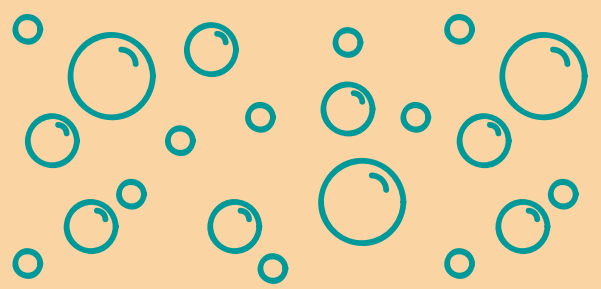


PUBLIC HEALTH INFORMS YOU: 5 STEPS TO WASH YOUR HANDS



1. Wet your hands with clean water and add soap to them.



2. Rub your hands together until you have foam and apply the soap very well.



3. Be sure to scrub the backs of your hands, between your fingers, and under your nails.



4. Do this for 20 seconds.



5. Rinse well with clean water and dry your hands using a clean towel.

Washing your hands is the best option to eliminate germs, but if you can't, use a 60% alcohol disinfectant.