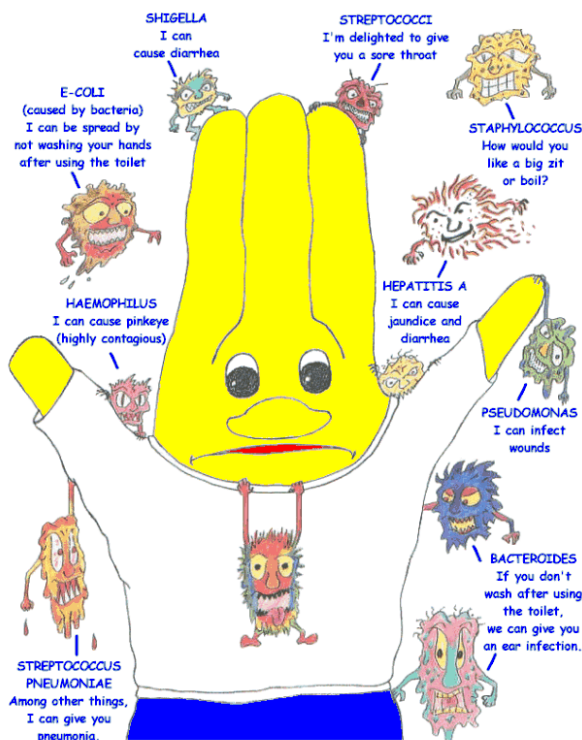


Don't Let Germs Make A Home On Your Hands.



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Be sure to wash your hands AFTER:

- Using the toilet or changing a diaper
- Coughing/sneezing or using a tissue
- Handling or playing with a pet
- Handling raw meat or chicken
- Touching cuts or sores
- When hands are visibly dirty

Be sure to wash your hands BEFORE:

- Preparing food
- Eating
- Handling clean dishes and eating utensils
- Taking medicine
- Touching or caring for cuts or sores

How do you get rid of the germs on your hands?

1. Wet your hands under warm running water from the sink
2. Put soap on your hands and rub your hands together vigorously with soap for at least 20 seconds. Be sure to clean between fingers and both front and backs of hands.
3. Clean under your fingernails
4. Rinse the soap from your hands
5. Dry your hands completely with paper towels
6. Throw your used paper towel in the trash so no one else will get your germs