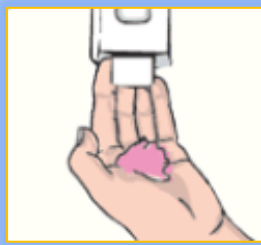


Handwashing is the Easiest and 1 of the Most Effective Ways to Prevent the Spread of Germs.

Follow these **Five (5) Steps** to Wash Your Hands the Right Way.



1. **WET** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



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



3. **SCRUB** your hands for at least **20 seconds**. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



4. **RINSE** your hands well under clean, running water.



5. **DRY** your hands using a clean towel or air dry them.

Safeguard yourself after **Toilet Use**, before **Eating**, after **Working**.