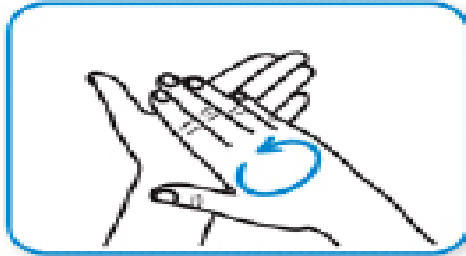
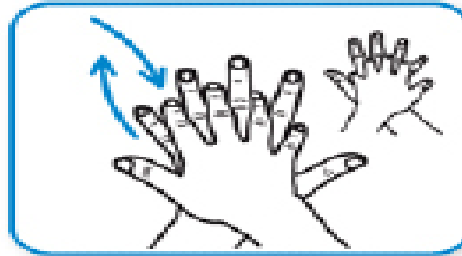


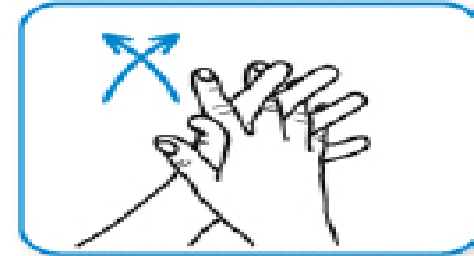
WASH YOUR HANDS



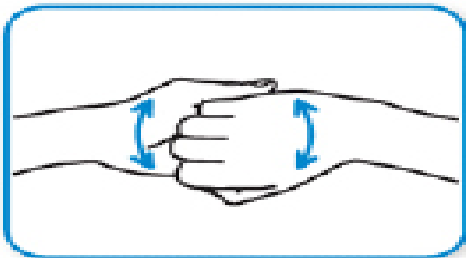
1. Rub hands palm to palm.



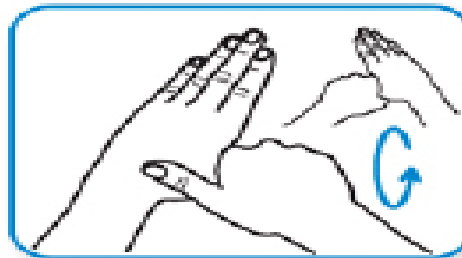
2. Right palm over left dorsum with interlaced fingers and vice versa.



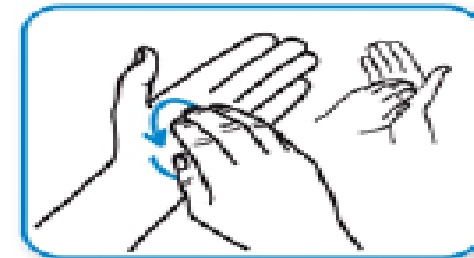
3. Palm to palm with fingers interlaced.



4. Backs of fingers to opposing palms with fingers interlocked.



5. Rotational rubbing of left thumb clasped in right palm and vice versa.



6. Rotational rubbing, backwards and forwards with clasps fingers of right hand and left palm and vice versa.



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WASH YOUR HANDS

Hand-washing is a simple and effective way to help prevent diseases, such as colds, flu, and food poisoning.

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

What should you do if you don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals. Hand sanitizers are not as effective when hands are visibly dirty or greasy.



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