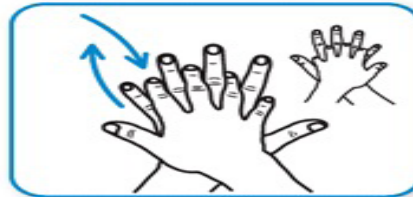


# WASH YOUR HANDS



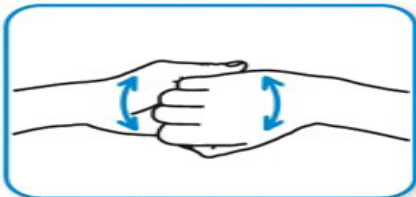
Rub hands palm to palm



right palm over left dorsum  
with interlaced fingers  
and vice versa



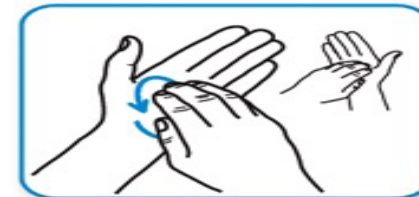
palm to palm with fingers  
interlaced



backs of fingers to opposing  
palms with fingers interlocked



rotational rubbing of left thumb  
clasped in right palm  
and vice versa



rotational rubbing, backwards  
and forwards with clasped  
fingers of right hand in left  
palm and vice versa.



City of Chicago  
Mayor Rahm Emanuel

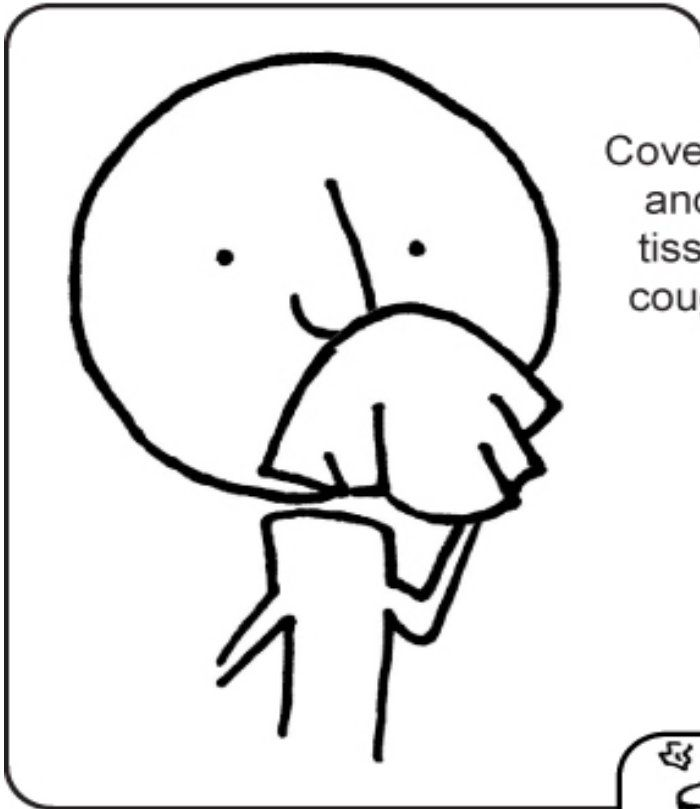
## Emergency Preparedness Program



**PREPARE**  
**CHICAGO**

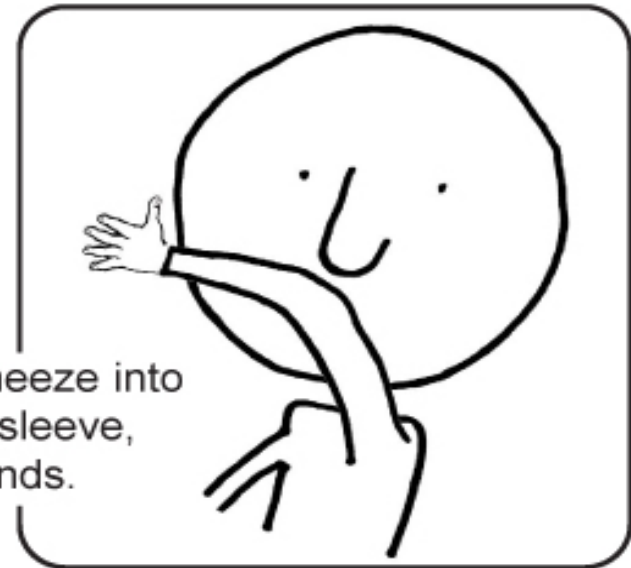
AN INITIATIVE OF HEALTHY CHICAGO

# COVER YOUR COUGH



Cover your mouth  
and nose with a  
tissue when you  
cough or sneeze

*or*  
cough or sneeze into  
your upper sleeve,  
not your hands.



Put your used tissue in  
the waste basket.



City of Chicago  
Mayor Rahm Emanuel

## Emergency Preparedness Program

