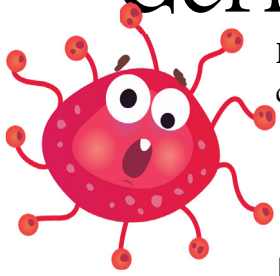


Hand Washing

Germ Fighting 101

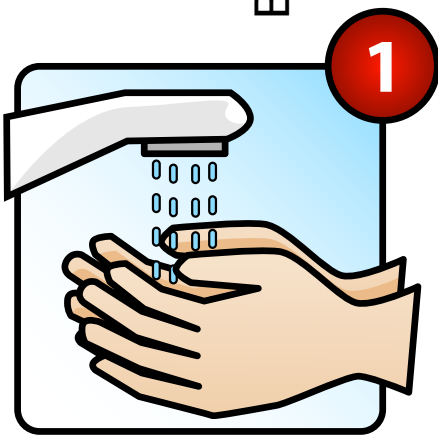


Hand washing may be a simple task, but it is extremely important in preventing the spread of contagious illnesses. Wash your hands often to remove disease-causing germs. Wash your hands:

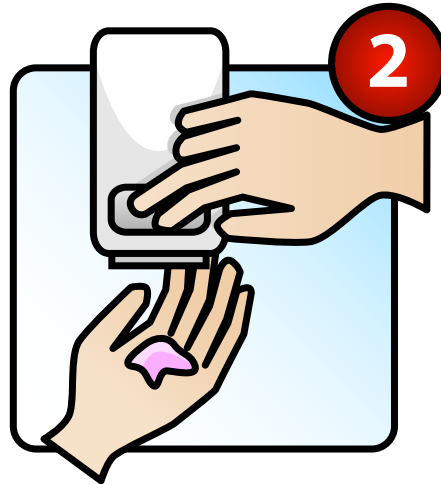
**BEFORE
 &
 AFTER**

- preparing meals
- eating and/or feeding children
- giving medication

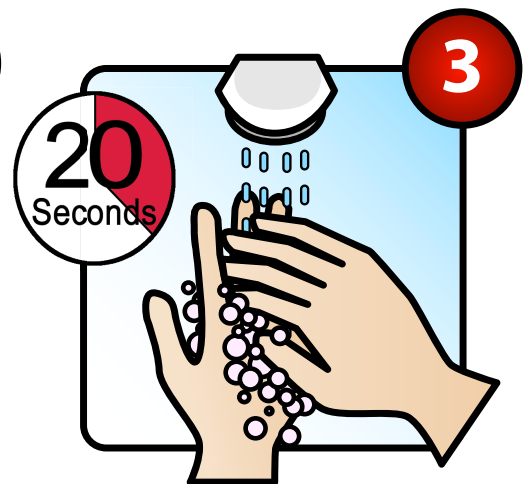
- AFTER**
- diapering or using the toilet
 - sneezing or blowing your nose
 - caring for the ill
 - handling animals
 - playground use
 - handling garbage
 - whenever visibly dirty



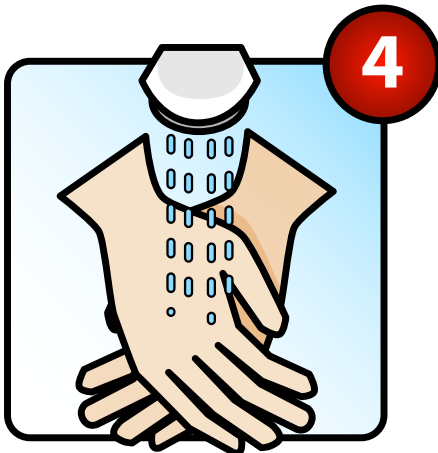
Wet hands with warm water. When warm water isn't available, wash for a longer time.



Apply regular liquid soap. Antibacterial soap is not necessary.



Rub your hands together vigorously. Work into a lather from wrist to fingertip. Scrub under your fingernails, between your fingers, and under jewelry.



Wash for at least 15 to 20 seconds to ensure removal of germs. Try singing "Happy Birthday" or "Twinkle, Twinkle, Little Star" two times fast. Rinse hands completely.



Dry your hands thoroughly with a disposable paper towel.



Use a paper towel to turn off the water faucet.