

# » WASH YOUR HANDS! «



1. Wet your hands with clean, running water (warm or cold), and apply soap.



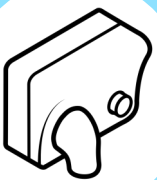
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



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. Let the water run back into the sink, not down to your elbows.



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

