

PROTECT YOUR HEALTH

PLEASE WASH YOUR HANDS



Wet your hands with clean, running water; turn off tap and apply soap.



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



Scrub your hands for at least **20 seconds**.



Rinse your hands with clean, running water.



Dry your hands with a clean towel or air-dry them.