

»» WASH YOUR HANDS! ««



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



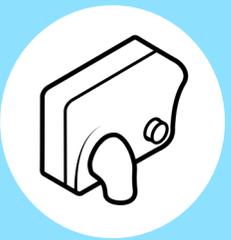
2. **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



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.