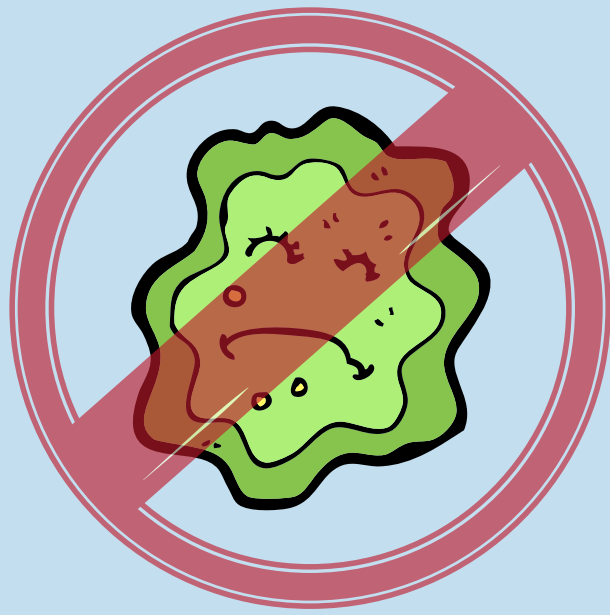


# Stop the Spread!

## Wash Your Hands!



1. WET YOUR HANDS WITH WARM RUNNING WATER AND APPLY SOAP.
2. LATHER YOUR PALMS, THE BACKS OF YOUR HANDS, BETWEEN YOUR FINGERS, AND UNDER YOUR NAILS
3. SCRUB FOR AT LEAST 20 SECONDS OR THE TIME IT TAKES TO SING "HAPPY BIRTHDAY" TWICE
4. RINSE YOUR HANDS UNDER THE WARM WATER.
5. DRY YOUR HANDS WITH AN AIR DRYER OR A CLEAN TOWEL.