

Take the Time to Wash Your Hands

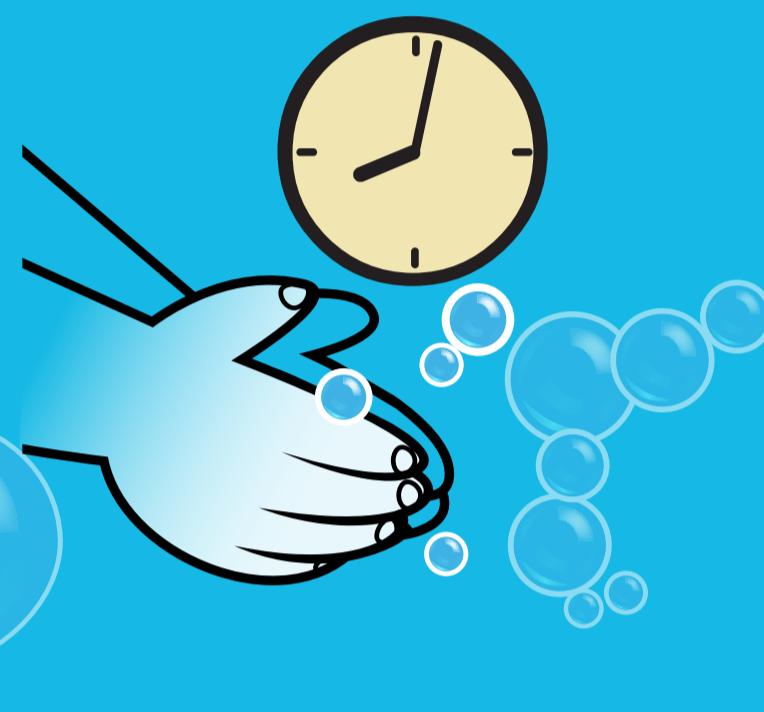
It's the most effective way to prevent the spread of germs



Wet hands with running water.



Apply soap and scrub palms, backs of hands, wrists, between fingers and under nails.



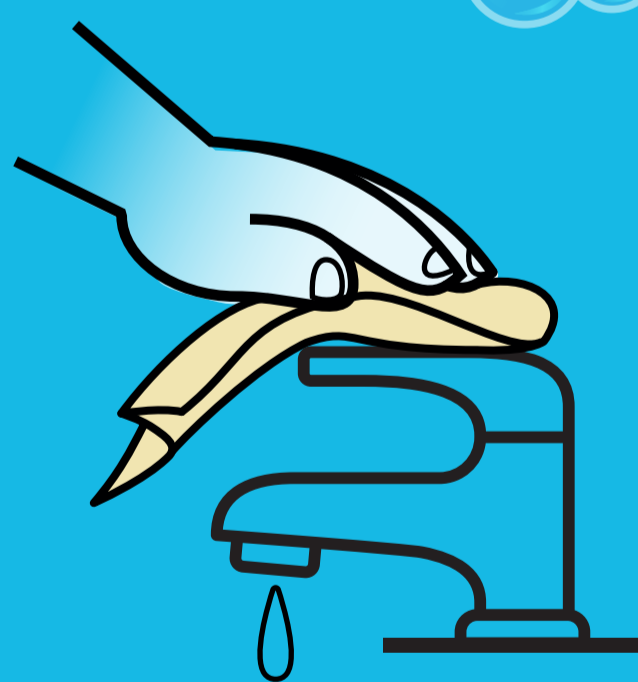
Scrub for at least 20 seconds.



Rinse thoroughly under running water.



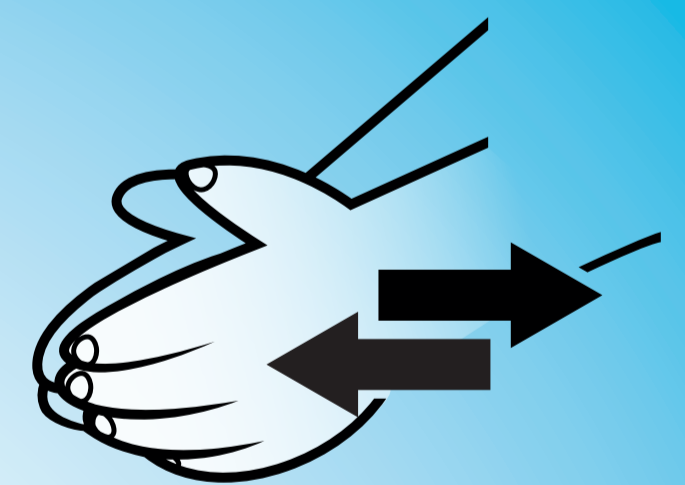
Dry hands with a single use towel.



Use the towel to turn off the faucet.



**No soap and water?
Use hand sanitizer.**



Apply enough product on hands to cover all surfaces, and rub hands until they're dry.