

REDUCE YOUR RISK

PROPERLY WASH YOUR HANDS

WITH THESE FIVE SIMPLE STEPS



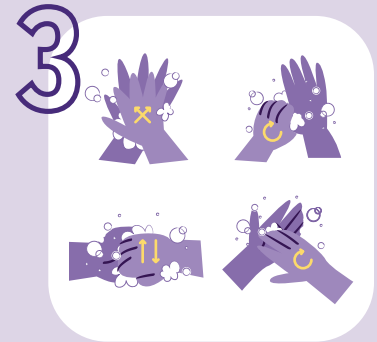
WET

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



LATHER

Lather your hands by rubbing them together with the soap.



SCRUB

Scrub your hands for at least 20 seconds. Need a timer? Sing "Hey Fightin' Tigers."



RINSE

Rinse your hands well under clean, running water.



DRY

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

KEEPING HANDS CLEAN IS ONE OF THE MOST IMPORTANT THINGS YOU CAN DO TO REDUCE YOUR RISK AND STAY HEALTHY.