

WASH YOUR HANDS FREQUENTLY,
especially after using the bathroom and before eating or drinking.

- 1) Wash hands under warm, running water.
- 2) Apply soap and lather well for 15-20 seconds. Time yourself.
- 3) Rinse.
- 4) Turn off the water with your arm or a paper towel.
- 5) If possible, use the automatic door opener to exit the bathroom.

GOOD HYGIENE

is in your hands



*According to the Centers for Disease
Control and Prevention (CDC),
hand washing
is the single most important action
one can take to prevent the onset of illness.*

