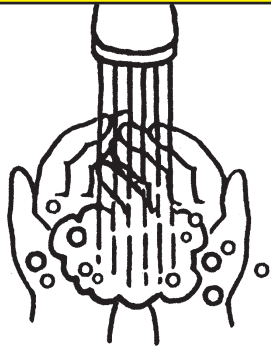


# Hand Washing



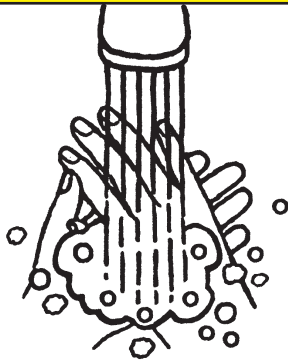
1. Wet hands.



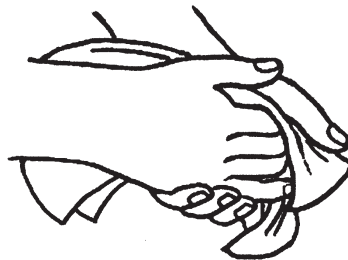
2. Apply soap.



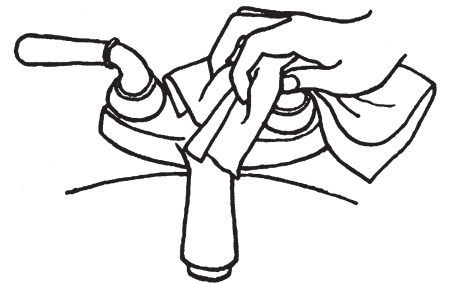
3. Lather for 15 seconds.  
Rub between fingers,  
back of hands,  
fingertips, under nails.



4. Rinse well under  
running water.



5. Dry hands well with  
paper towel or hot air  
blower.



6. Turn taps off with  
paper towel, if  
available.

## Stop the Spread of Germs

### Always Wash Your Hands

#### After you:

- Sneeze, cough or blow your nose
- Use the washroom or change diapers
- Handle garbage
- Play outdoors

#### Before and after you:

- Prepare or eat food
- Touch a cut or open sore