

EVERYBODY'S DOIN' IT

WASH YOUR HANDS



How

- Use soap and running water
- Rub your hands vigorously for 20 seconds
- Wash all surfaces, including the back of hands, wrists, fingernails, and between fingers
- Rinse Well
- Dry hands with paper towels
- Turn off water using a paper towel instead of bare hands

When

- After coughing or sneezing
- After using the bathroom
- Before and after eating or cooking
- Before and after treating wounds
- Before and after handling shared equipment

**your health
is in your hands**