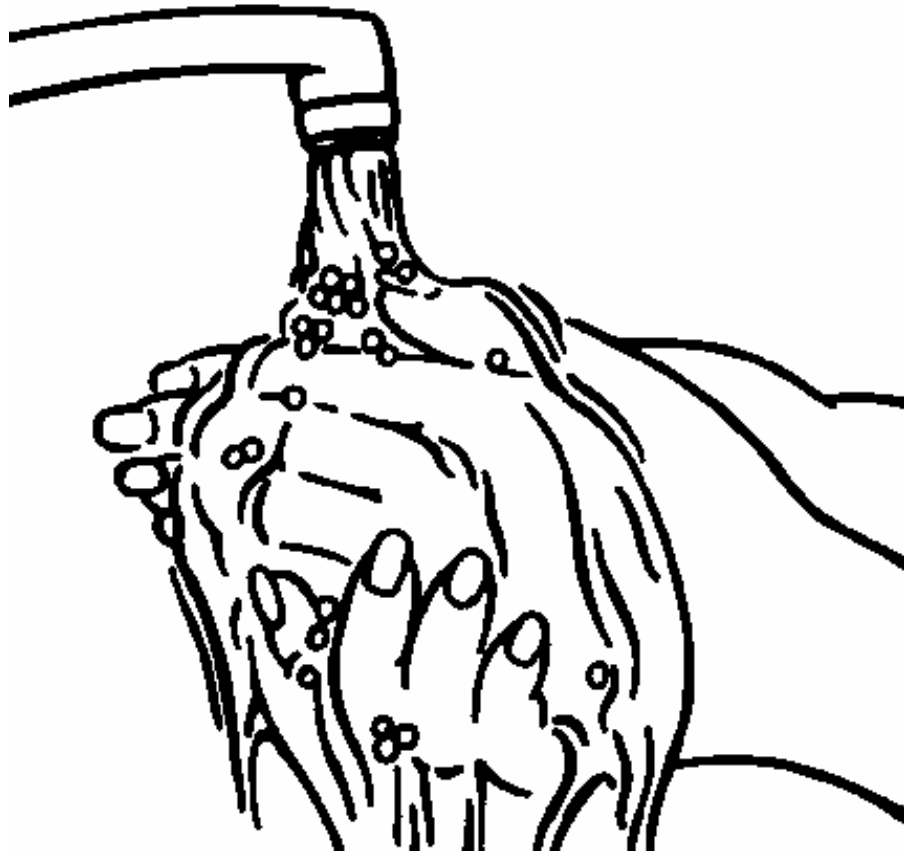


Wash Your Hands



For Your Health



1
Wet your hands with running water as hot as you can comfortably stand (at least 100°F/38°C).



2
Apply soap.



3
Vigorously scrub hands and arms for at least 20 seconds.



4
Clean under fingernails and between fingers.



5
Rinse thoroughly under running water.



6
Dry hands and arms with a single-use paper towel or warm-air hand dryer.

