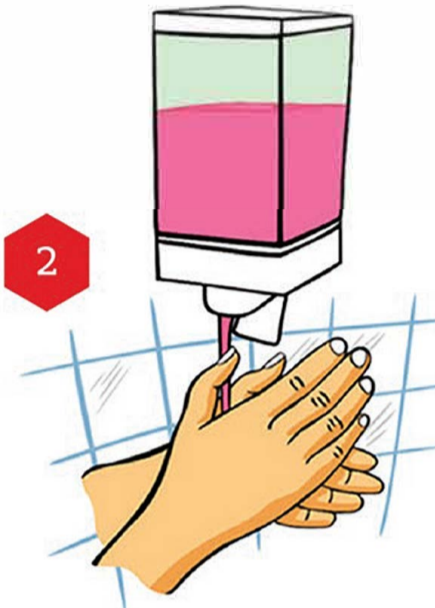# STAY HEALTHY
WASH YOUR HANDS

1 Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.

2 Lather your hands by rubbing them together with the soap. Be sure to lather the back of your hands between your fingers, and under your nails.

3 Scrub your hands for atleast 20 seconds. Need a timer?

4 Hum the "Happy Birthday" song from beginning to end twice.

5 Rinse your hands well under clean, running water.

6 Dry your hands usind a single use towel and use the same towel to turn off faucet.

GERMS ALL AROUND YOU
Washing your hands with soap and water kills germs that mav be on your hands