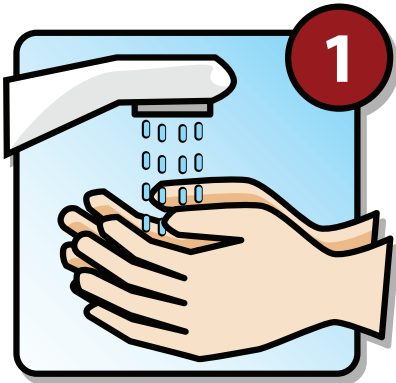
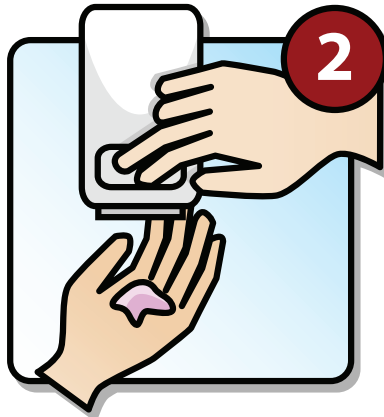


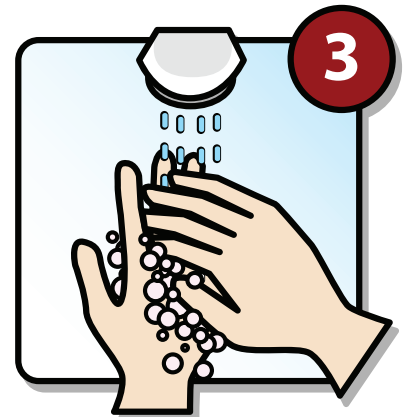
# Wash Your Hands



Wet your hands



Use soap



Lather and scrub  
for at least 15  
seconds



Rinse



Dry your hands



Turn off taps  
with towel

## Always wash

### After you:

- Use the washroom
- Sneeze, cough, or blow your nose
- Handle garbage
- Come in from outdoors

### Before and after you:

- Touch food