




STAY HEALTHY. WASH YOUR HANDS!

Hand washing is the single most effective way to prevent the spread of germs and viruses.

EFFECTIVE HAND WASHING PROCEDURE:

<p>1. Rinse hands with water.</p> 	<p>2. Apply soap and rub hands together generating a lather.</p> 
 <p>3. Rinse hands well in water.</p>	 <p>4. Dry hands thoroughly with a paper towel.</p>

Use a hand sanitizer in between hand washings, particularly if you don't have access to a sink.