

Your Health Is In Your Hands!

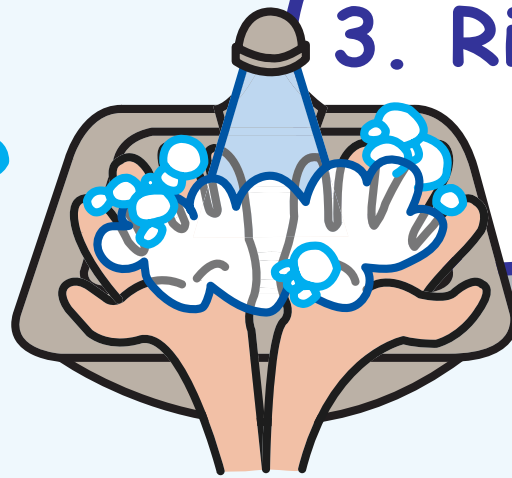
1. Wet



2. Soap
& Rub for
10-15
seconds



3. Rinse



4. Dry



Have you washed your hands today?

Wash Before:

- Cooking or handling food
- Eating
- Feeding a baby or child
- Giving medication to a child

Wash After:

- Changing a diaper
- Using a toilet or toileting a child
- Sneezing, coughing or wiping runny noses
- Taking care of a sick child
- Handling pets or animals