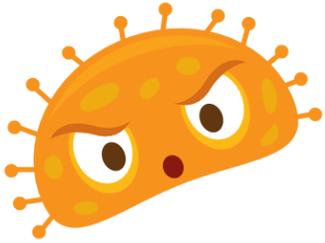


# GERMS ARE EVERYWHERE!

## You can stop germs from spreading by washing your hands:



- when your hands are dirty
- before eating or cooking
- after using the bathroom
- after blowing your nose or coughing
- after touching pets or other animals
- before and after visiting a sick relative or friend
- after playing outside
- especially during flu and cold season



## Hand washing steps:

- 1. WET** your hands with clean water.



- 2. SOAP** up your hands.



- 3. SCRUB** your hands front and back, between your fingers, and under your nails for at least 20 seconds.



- 4. RINSE** your hands with clean water.



- 5. DRY** your hands using a clean towel or air dry them.

