

# Keep germs from spreading, wash your hands often and well.

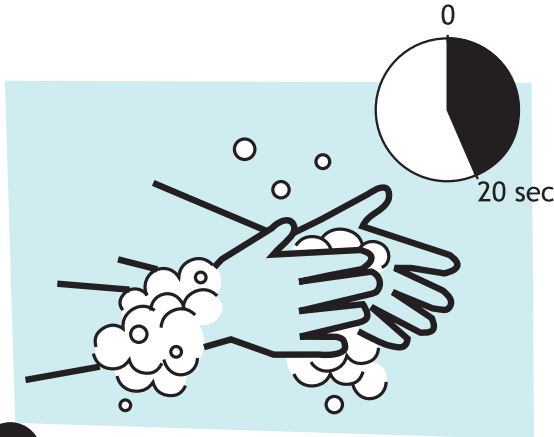
## Proper handwashing:



**1** Use warm water.



**2** Moisten hands/apply soap.



**3** Rub hands together for 20 seconds.



**4** Rinse thoroughly.



**5** Dry hands.

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