

**STOP  
DISEASE**

## WASH YOUR HANDS PROPERLY



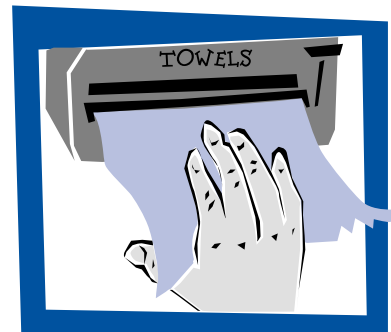
1. Wet hands and apply soap. Use warm running water; liquid soap is best.



2. Rub hands together vigorously for at least 10 seconds, scrubbing all surfaces.



3. Rinse hands well under running water until all the soil and soap are gone.



4. Dry hands with a fresh paper towel.



5. Turn off water with a paper towel—not with your clean hands.



6. Discard the used paper towels in a lined, foot-pedal canister.