PREVENT ILLNESS BY WASHING YOUR HANDS!

1. Wet your hands
2. Apply soap
3. Lather & scrub (20 secs)
4. Rinse (10 secs)
5. Turn off tap
6. Dry your hands
7. Open door with paper towel

DON'T FORGET TO WASH:
- between your fingers
- under your nails
- tops of your hands