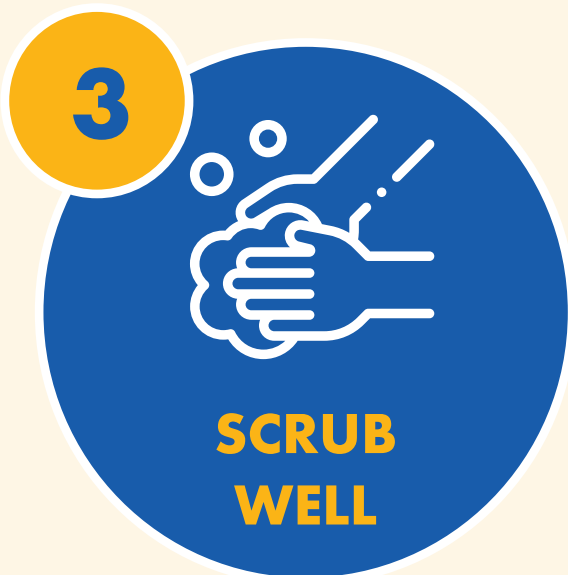


Always remember to **WASH YOUR HANDS**



MORE HELPFUL TIPS*

- Make sure to rub the soap on the backs of your hands, between your fingers and under your nails.
- Scrub for at least 20 seconds. Try singing the "Happy Birthday" song twice to help time it.
- Even if your hands look clean, they could still have germs on them. Stay healthy by washing your hands often, especially before eating, after using the bathroom, after blowing your nose, sneezing or coughing or after touching animals.
- While soap and water is the best way to kill germs, if you only have sanitizer available make sure it contains at least 60% alcohol in order to be effective

**Tips provided by the Centers for Disease Control and Prevention website.*