

# Protect yourself and your family

Wash your hands regularly



**1**

Wet your hands.



**2**

Put soap on  
your hands.



**3**

Rub the soap over all  
parts of your hands for  
at least 20 seconds.



**4**

Rinse your  
hands under  
running water.



**5**

Dry your hands thoroughly  
with disposable paper towel  
or hand dryer.

Stay germ free and healthy