

# A Healthy Future is in your **HANDS**

**Wash your Hands with  
soap and water for at  
least 20 seconds.**



**1**



**WET**

**2**



**APPLY SOAP**

**3**



**SCRUB**

**4**



**RINSE**

**5**



**DRY**

**KEEP EVERYONE SAFE,  
PLEASE WASH YOUR  
HANDS.**



*Wash your Hands*



*Clean Hands  
are Safe Hands*

# WASH YOUR HANDS



***BEFORE EATING - AFTER USING TOILET -  
AFTER COUGHING/SNEEZING***

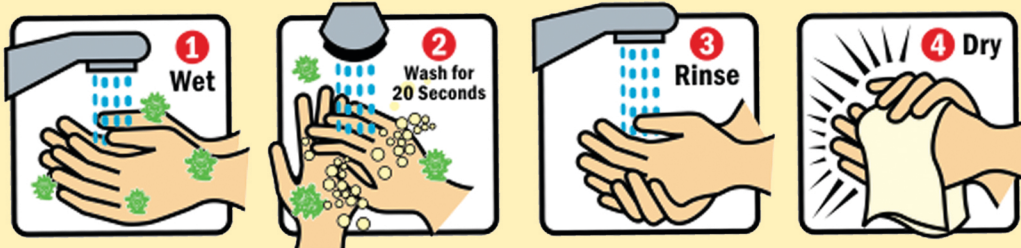
**USE SOAP, SANITIZER AND RUNNING WATER**



Wash your hands  
often with soap and  
water for at least  
**20 seconds**



# WASH YOUR HANDS



*BEFORE EATING - AFTER USING TOILET - AFTER COUGHING/SNEEZING*

**USE SOAP AND RUNNING WATER**