

STOP Germs



- **Wash** your hands with soap & water for at least 20 seconds.
- **Cover** your cough or sneeze with your elbow or a tissue.
- **Avoid** touching your face, eyes, nose & mouth.
- **Stay home** if you're sick.
- **Avoid close contact** with people who are sick.

HOW to Wash Your Hands



Wet

Wet hands with hot or cold running water.



Rinse

Rinse under hot or cold running water.



Wash

Apply soap, lather & scrub backs of hands, under nails, between fingers for 20 seconds.



Dry

Dry hands using a paper towel or air dry.

