

Wash your hands!

Protect yourself and those around you.

Wash:

- **Before and after eating**
- **After using the restroom**
- **After you cough or sneeze**

Sing Happy Birthday twice while washing your hands.

- **Wet your hands**
- **Wash with soap for 20 seconds**
- **Rinse**
- **Dry**
- **Turn off water with paper towel**

Use hand sanitizers if soap and water are not available.

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