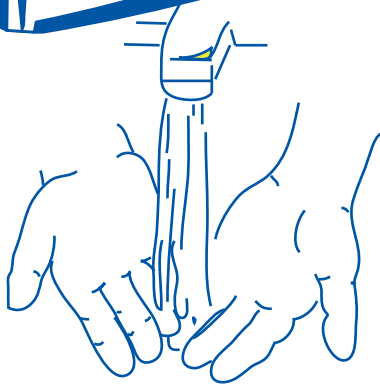
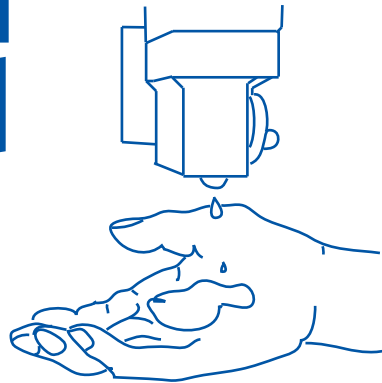




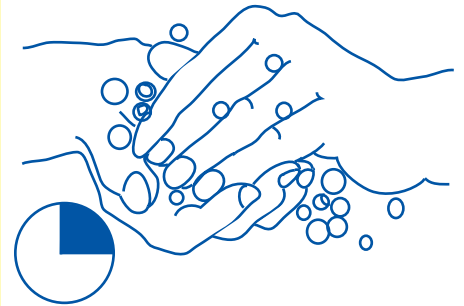
Protect Yourself, Protect Others!



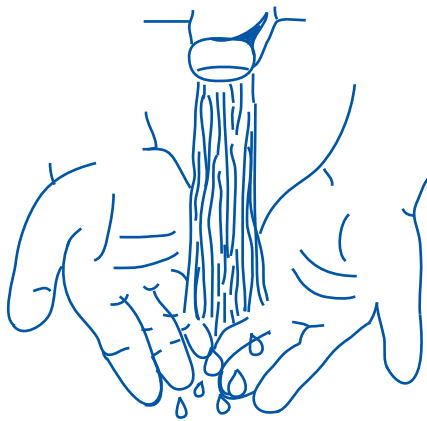
1. Wet hands



2. Soap



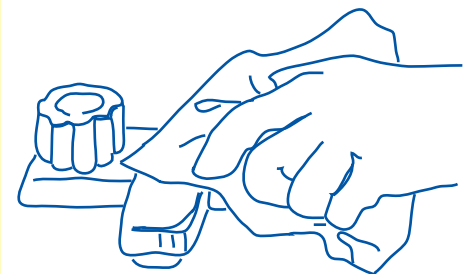
**3. Lather for
15 seconds**



4. Rinse



**5. Dry hands
with paper towel**



**6. Turn taps off
with paper towel**

Always Wash Your Hands

- before and after touching food
- after using the washroom
- after sneezing, coughing or blowing your nose
- after touching pets or handling garbage
- after being outdoors