

Take a moment. Wash your hands.

You can help stop the spread of germs.



1.

Wash your
hands
frequently

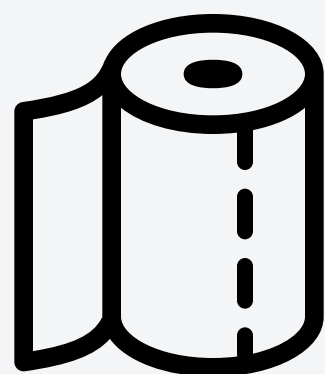
for at least:

20
seconds

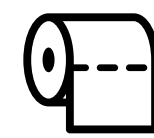
2.

Dry with a
paper towel

and you're done.



Especially at these times:



After using
the restroom



After coughing, sneezing
or blowing your nose



Before handling food
and after eating



After cleaning up messes
or disposing of waste



Before and after using
shared equipment

Thank you for
doing your part!