

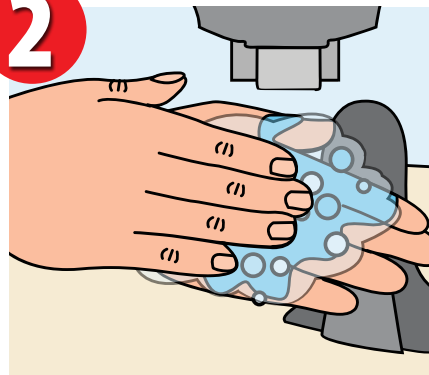
# STOP

## clean your hands

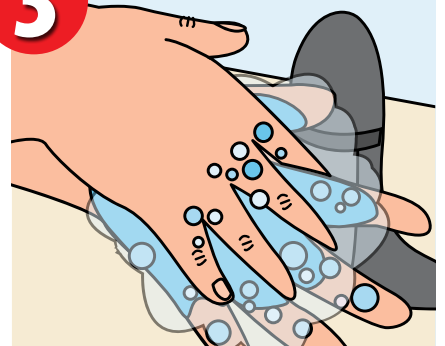
with soap and water for at least 20 seconds



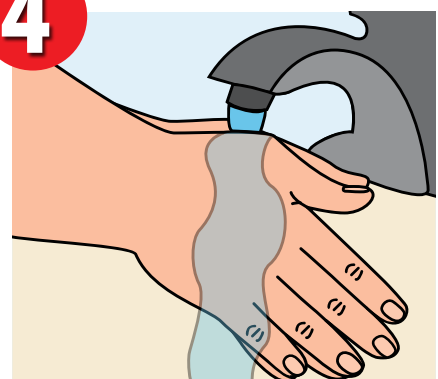
1 Wet hands and wrists



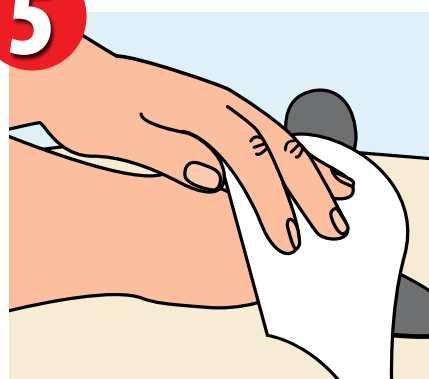
2 Use soap to scrub palms and backs of hands



3 Scrub in between and around fingers and thumbs



4 Rinse well under running water



5 Wipe and dry hands with paper towel



6 Turn off water using paper towel