



# TAKE 20 SECONDS FOR CLEAN HANDS

- 1. BEFORE YOU...**  
TEXT, HANDLE  
FOOD, EAT.  
**AFTER YOU...**  
COUGH, SNEEZE,  
BLOW NOSE,  
PLAY WITH PETS,  
USE REST ROOM,  
PLAY OUTSIDE  
OR SPORTS.
- 2. DISPENSE PAPER  
TOWEL.**
- 3. WET AND SCRUB  
YOUR HANDS WITH  
SOAP FOR 20 SECONDS.**
- 4. RINSE AND DRY WITH  
PAPER TOWELS.**
- 5. USE A PAPER TOWEL TO OPEN  
THE BATHROOM DOOR.**

