



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.

