

# STOP Germs



- **Wash** your hands with soap & water for at least 20 seconds.
- **Cover** your cough or sneeze with your elbow or a tissue.
- **Avoid** touching your face, eyes, nose & mouth.
- **Stay home** if you're sick.
- **Avoid close contact** with people who are sick.

## HOW to Wash Your Hands



**Wet**

Wet hands with hot or cold running water.



**Rinse**

Rinse under hot or cold running water.



**Wash**

Apply soap, lather & scrub backs of hands, under nails, between fingers for 20 seconds.



**Dry**

Dry hands using a paper towel or air dry.

