

# PROTECT

against  
colds & flu

## WASH YOUR HANDS



### WET

your hands with warm, running water and apply liquid soap or use clean bar soap. Lather well.

### RUB

your hands vigorously together for at least 15 to 20 seconds.

### SCRUB

all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.

### RINSE

all surfaces thoroughly.

### DRY

your hands with a clean or disposable towel, or an air dryer.