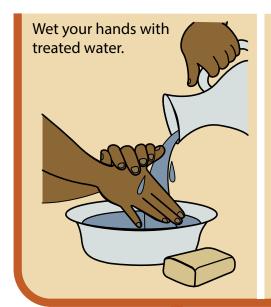
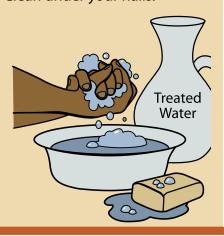
How and when to wash your hands



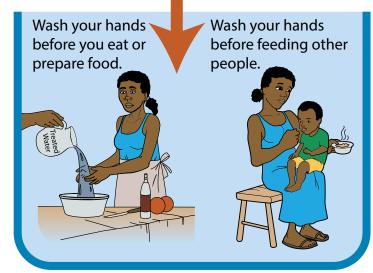
Lather thoroughly with soap. Cover all the skin on your hands. Clean under your nails.





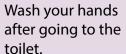
Dry your hands with a clean towel. No towel? Rub your hands together and let them air dry.













Wash your hands after taking care of someone ill with diarrhea.



U.S. Department of Health and Human ServicesCenters for Disease
Control and Prevention