

CLEAN HANDS **SAVE LIVES**

**WASH HANDS OFTEN WITH SOAP AND WATER.
USE HAND SANITIZER* IF SOAP IS NOT AVAILABLE.**



BEFORE YOU EAT OR COOK.



**AFTER YOU COUGH, SNEEZE
OR BLOW YOUR NOSE.**



AFTER YOU USE THE TOILET.



AFTER YOU PLAY WITH ANIMALS.

* Use Hand sanitizer with at least 60% alcohol.



**WASH AND
SCRUB FOR
20 SECONDS**

(or the time it takes
to sing "Happy
Birthday" 2 times).

