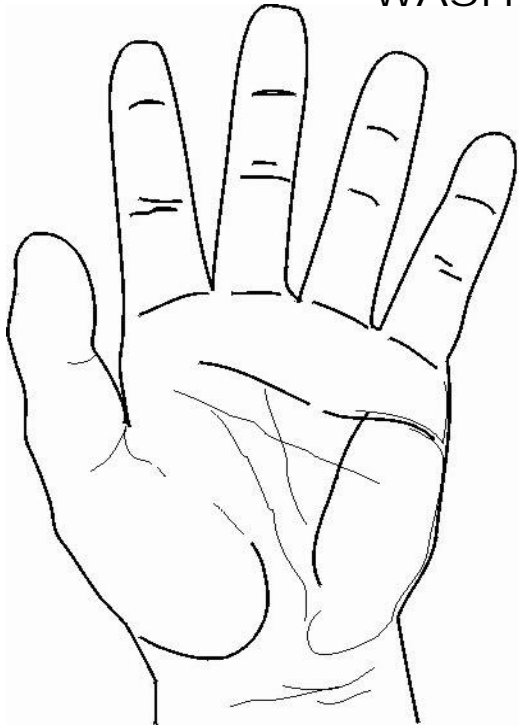
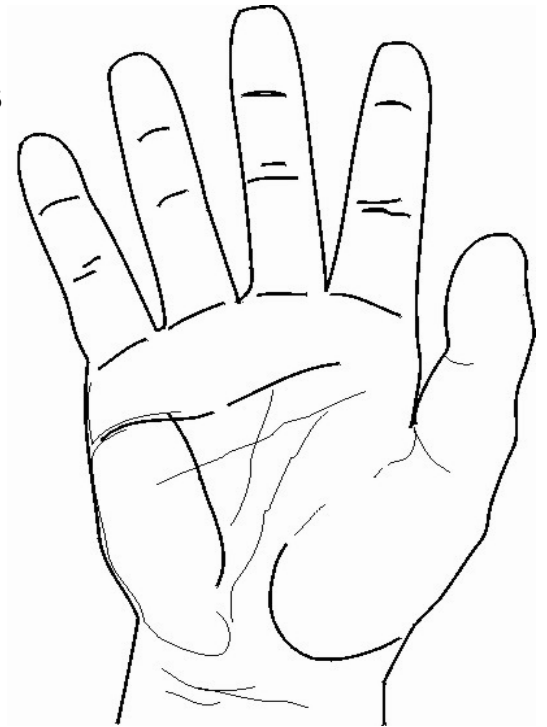


# WASH YOUR HANDS!

GERMS ON YOUR HANDS CAN MAKE YOU SICK.  
WASH THOSE GERMS AWAY.



1. Wet your hands with warm, running water.
2. Add soap. Rub hands together, front and back, for about 20 seconds.
3. Rinse. Dry hands with a clean towel.



Wash your hands . . . . .

- after sneezing, blowing your nose or coughing.
- before and after handling or eating food.
- after using the bathroom.
- after playing with pets.
- after playing outside.



UNIVERSITY OF ILLINOIS  
**EXTENSION**  
FAMILY NUTRITION PROGRAM  
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EDUCATION PROGRAM

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