WASH YOUR HANDS FREQUENTLY,

especially after using the bathroom and before eating or drinking.

1) Wash hands under warm, running water.
2) Apply soap and lather well for 15-20 seconds. Time yourself.
3) Rinse.
4) Turn off the water with your arm or a paper towel.
5) If possible, use the automatic door opener to exit the bathroom.

GOOD | HYGIENE

is in your hands

According to the Centers for Disease

Control and Prevention (CDC),

hand washing

is the single most important action

one can take to prevent the onset of illness.

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IT WILL HAPPEN AGAIN.

Brought to you by the Ohio Department of Health and your local health department