WASH HANDS

<u>OFTEN</u>

Use warm water and soap
 Lather & scrub hands for at least 20 seconds

 Rinse with clean water
 Dry hands with a paper towel
 Shut off faucet with paper towel

IT'S THE BEST WAY TO REDUCE THE SPREAD OF DISEASE!



Farmington Valley Health District 860-352-2333 www.fvhd.org