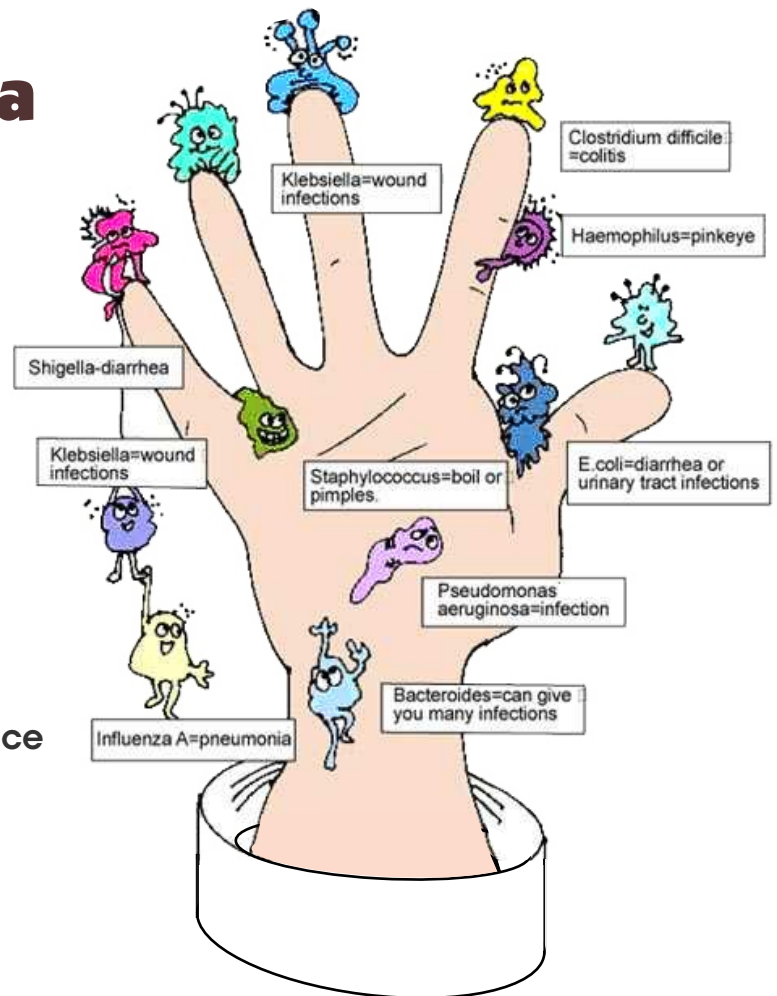


Wash Your Hands

Dirty hands are bacteria's best friend.

Stay Healthy By Using a Hand Sanitizer or By Washing Your Hands

- Two minutes before your shift begins
- Before and after each patient contact
- Before and after handling medication
- Before and after using gloves
- Before and after eating or smoking
- After using the bathroom facility
- After wiping the nose or touching the face
- After touching contaminated surfaces
- At the end of the work day



**Wash Your Hands For A Full
30 Seconds.**

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