



**YOUR FINGERS** are the top 10 “carriers” of the flu.

**Stay healthy! Wash properly!**

- Prepare paper towel to be torn from dispenser
- Place soap into wet palms and rub together to make a lather
- Scrub hands vigorously for 20 seconds (sing “Happy Birthday!”)
- Rinse soap off hands
- Dry hands with paper towel (not clothing)
- Use towel to turn off faucet and to open the door to exit