

# GERMS are everywhere

## WASH YOUR HANDS



**Wash properly and thoroughly:**



**1**

### **USE SOAP AND WATER.**

Wet your hands and apply a generous amount of soap.



**2**

### **LATHER, SCRUB, RINSE.**

Wash hands completely including palms, in between fingers, under nails, and the back of hands and wrists.



**3**

### **DRY COMPLETELY.**

Use a paper towel to dry your hands thoroughly and to turn off the faucet.

**Washing your hands helps stop the spread of common illnesses, and keeps you and your family healthy!**

**[www.gnrhealth.com](http://www.gnrhealth.com)**

