



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

**Stay healthy! Wash properly!**

- Prepare paper towel from dispenser
- Wet hands with running water
- Place soap into 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