

HANDS

Gamy **Grimy**
Germ **Infectious**
Bacteria-ridden **Rank** **Dirty**
Dingy **Greasy**

To prevent colds and infections
WASH YOUR HANDS

Before

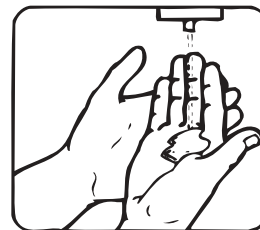
- ♥ Eating or preparing meals
- ♥ Contact with children or the elderly
- ♥ Contact with immune-weakened individuals

After

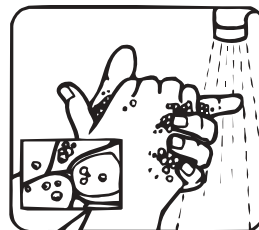
- ♥ Using the toilet
- ♥ Coughing or sneezing
- ♥ Wiping your nose
- ♥ Contact with those who are ill
- ♥ Touching animals, waste, litter, or money



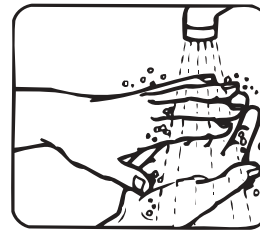
1. Wet hands with warm water



2. Apply soap



3. Wash vigorously at least 20 seconds



4. Rinse well



5. Dry with paper towel



6. Turn off faucet with paper towel



Located on North Campus across from
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www.uwstout.edu/studenthealth/

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