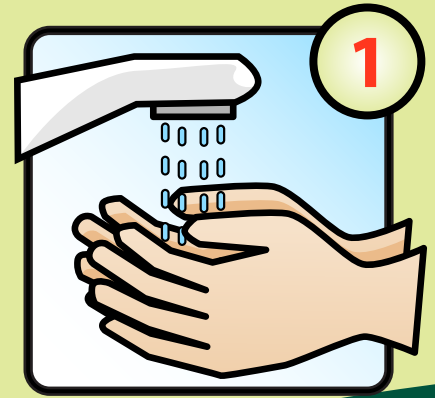
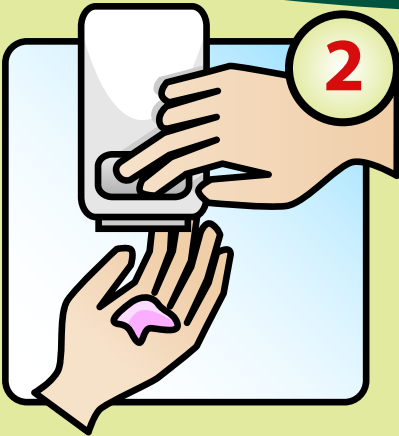


EFFECTIVE HANDWASHING

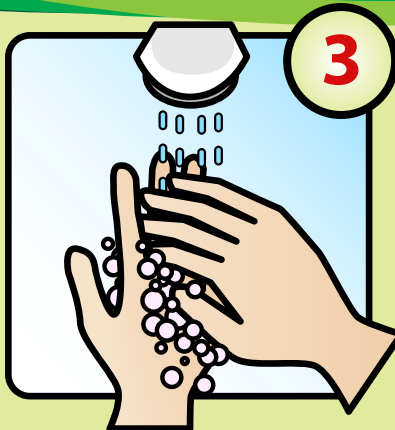
7 steps to Prevent the Spread of Germs



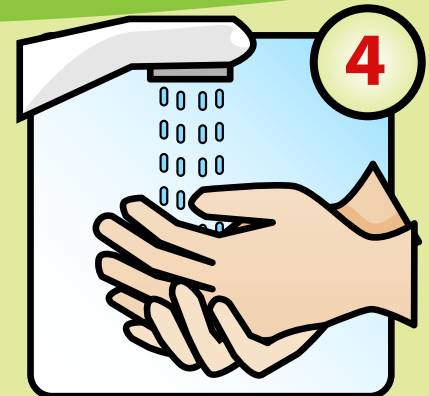
Turn on hot water and moisten hands and wrists.



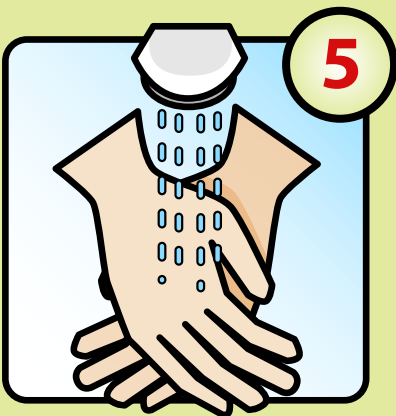
Apply a generous portion of liquid soap.



Generate a heavy lather and wash well for approximately 15-20 seconds. Clean between fingers, nail beds, under fingernails and backs of hands.



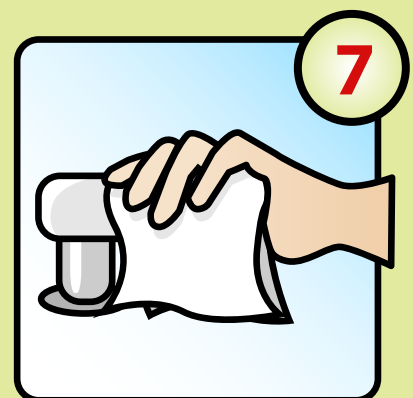
Rinse well under running water for about 10 seconds, keeping hands low in sink to prevent splashing.



Hold hands so that water flows from the wrist to fingertips.



Dry hands thoroughly with clean paper towels.



Use the paper towel to turn off the faucet so your hands remain clean.



Beware. Air dryers blow bacteria
onto your hands and everywhere else.
Use paper instead. It's safer and cleaner.

TO FIND OUT MORE, VISIT [CASCADES.COM/BACTERIA](https://cascades.com/bacteria)

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