

WASH YOUR HANDS

IN ORDER TO KEEP YOURSELF AND THE UCHICAGO COMMUNITY HEALTHY, WASH YOUR HANDS THOROUGHLY AND REGULARLY.

FOLLOW THESE SIMPLE INSTRUCTIONS TO REMOVE GERMS AND AVOID THE SPREAD OF GERMS TO THOSE AROUND YOU.

1. Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.



2. Lather your hands by running them together with soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



3. Scrub your hands for at least 20 seconds.



4. Rinse hands well under clean, running water.



5. Dry hands using a clean towel or air dry them.

