Did you wash your hands? Stop the spread of germs and be healthy.





Wet hands under warm water.



WASHWash hands with soapfor 20 seconds.



RINSE Rinse under warm water.



Dry hands. Turn off water with paper towel.

Missouri Department of Health and Senior Services • health.mo.gov AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER Services provided on a nondiscriminatory basis. Individuals who are deaf, hard-of-hearing, or have a speech disability can dial 711 or 1-800-735-2966.