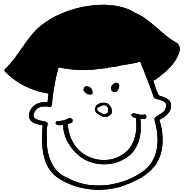
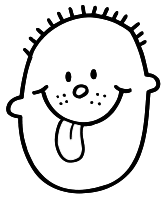
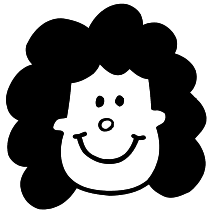
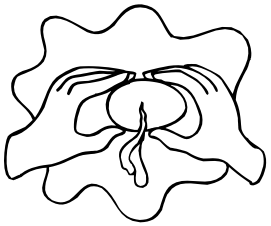
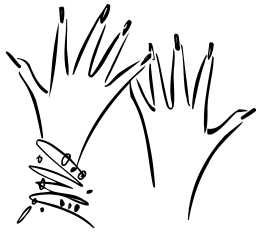
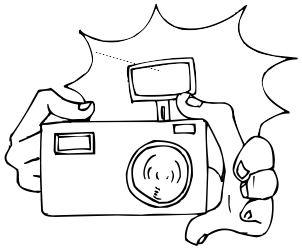
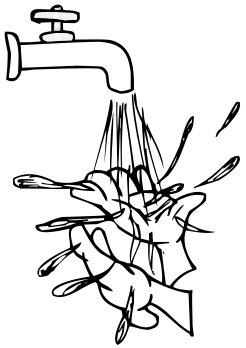
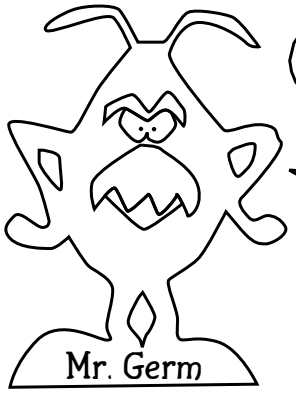
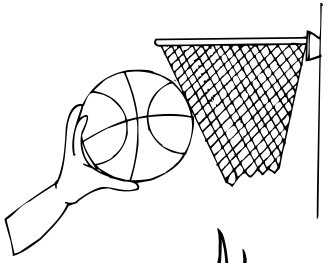
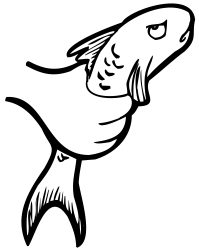
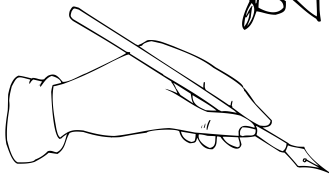
Wash Your Hands

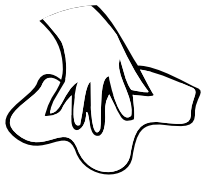




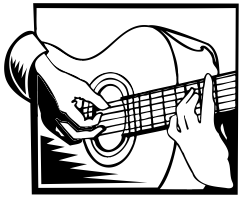


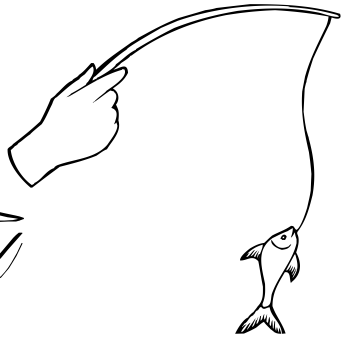
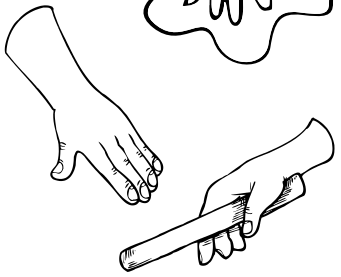






Keeping Food Safe!

Food and Drug Protection Division
NC Department of Agriculture and Consumer Services
Steve Troxler, Commissioner

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got to be NC AGRICULTURE

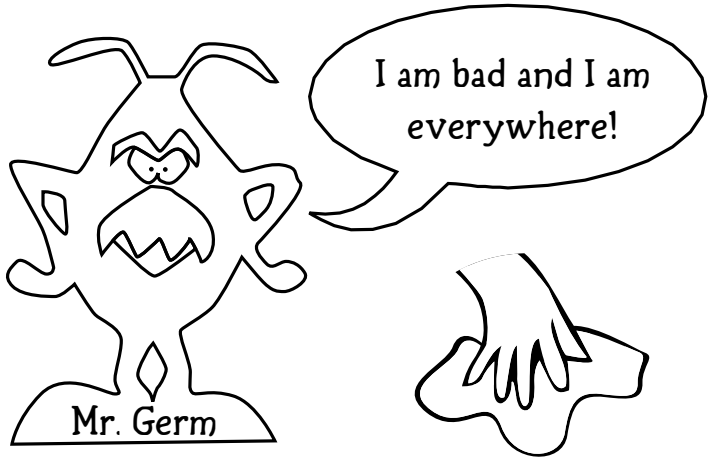
Explanation on the back

Wash Your Hands

WHEN?

- Before eating or snacking
- After going to the restroom
- After playing
- After petting an animal
- After touching money
- Whenever hands come in contact with runny nose, watery eyes or saliva

WHY?

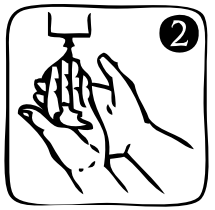


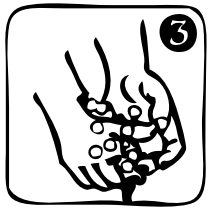
HOW?

Hand Washing Technique

Start with warm or hot water.

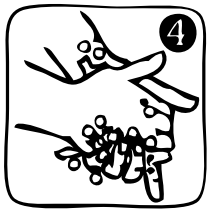
Use soap and make a lather.

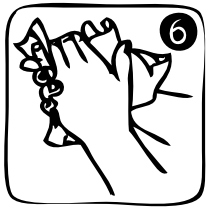




Rub and scrub thoroughly for 20 seconds.

Scrub palms, back of hands, between fingers and under fingernails.



Rinse well and use another paper towel to shut off faucet.

Dry hands completely.