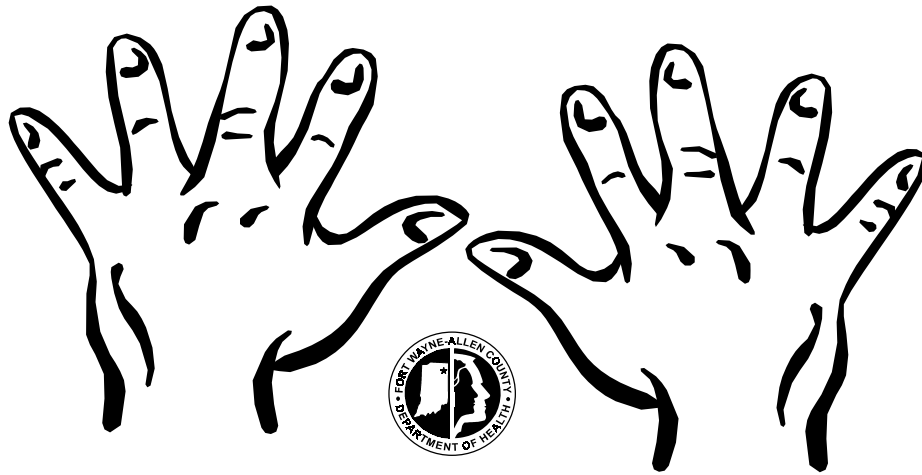


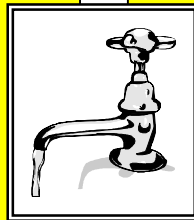
10 COMMON CAUSES OF DISEASE



HANDWASHING IS THE EASIEST AND MOST EFFECTIVE WAY TO PREVENT THE SPREAD OF DISEASE

HOW TO WASH YOUR HANDS PROPERLY:

1. Wet your hands with warm, running water.
2. Add soap and rub hands together (between fingers and under nails) for about 20 seconds.
3. Rinse hands. Dry hands with a clean paper towel.
4. Turn off the water using the paper towel before throwing it away. (It's also a good idea to use it to open the door.)



WHEN TO WASH YOUR HANDS:

- After using the restroom
- After changing diapers
- Before (and after) handling food and after touching library books and such
- After sneezing, coughing, or blowing your nose
- After touching an open sore, boil, or cut
- After shaking hands or handling money
- After outdoor activities or playing with animals and toys.

WASH YOUR HANDS