

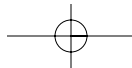
Want to take disease off your hands?



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You can when you practice regular hand washing, one of the simplest, most effective ways to reduce the risk of spreading the germs that trigger common and serious illnesses.

Results of new studies show that many people aren't washing their hands in public places and that wherever they are, they wash their hands much less than they think.*

When you wash your hands, make sure you use soap and warm, running water and wash all parts of your hands and wrists thoroughly, including under your fingernails. Rub your hands together for at least 10 to 15 seconds, then pat them dry using a clean or disposable towel.

With this simple practice of good hygiene everyone can join hands to prevent the spread of infectious disease.

**Source: American Society for Microbiology*