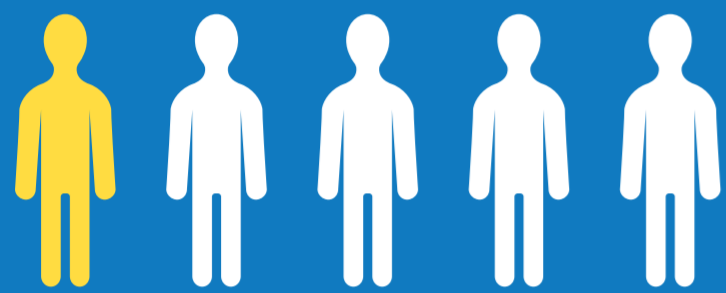


DID YOU WASH THEM?

Hand washing helps prevent the spread of disease.



Did you know that only **1 in 5** people don't wash their hands?

Of those that do only **30% use soap.**



The Centres for Disease Control and Prevention (CDC) recommends **15-20 seconds** of vigorous hand washing with soap and water.

Don't forget always wash your hands after:

-  Preparing food, especially raw meat or poultry
-  Using the toilet
-  Blowing your nose, coughing or sneezing into your hands
-  Shaking hands with others
-  Treating wounds
-  Handling garbage or chemicals
-  Whenever your hands look visibly dirty



Together we can stop the spread of germs in our community.



For more health information, visit our website: www.sirbrianbellfoundation.org