1. Wash your hands.

2. Use soap.

3. 15 seconds wash hands.

4. Rinse the hands with running water.

5. Dry your hands with a towel.

6. Dispose of the towel in the trash.

Avoid touching your face.

Wash hands often with soap and water:

- Before eating, after using the toilet, around the house, and after touching animals.
- After touching raw meat and vegetables.
- After handling garbage.
- Before and after preparing food.

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