The Flu Stops Here. Wash Your Hands. Use soap and warm water; lather for 20 seconds. Scrub out germs lurking under nails and in between fingers. Rinse to remove all traces of soap. Use a paper towel to turn off the faucet. Dry hands thoroughly.

Deposit Germs Here. Wash Your Hands. Use soap and warm water; lather for 20 seconds. Scrub out germs lurking under nails and in between fingers. Rinse to remove all traces of soap. Use a paper towel to turn off the faucet. Dry hands thoroughly.

The Dirty Truth: Unwashed hands make you sick. Clean ‘em up: Use soap and warm water; lather for 20 seconds. Scrub out germs lurking under nails and in between fingers. Rinse to remove all traces of soap. Use a paper towel to turn off the faucet. Dry hands thoroughly.