

|                                      |                                           |                                         |                              |                                        |
|--------------------------------------|-------------------------------------------|-----------------------------------------|------------------------------|----------------------------------------|
| <b>B</b>                             | <b>I</b>                                  | <b>N</b>                                | <b>G</b>                     | <b>O</b>                               |
| wash hands<br>when visibly<br>soiled | backs of<br>hands                         | 20<br>seconds                           | handwashing                  | under<br>fingernails                   |
| scrub                                | dry your<br>hands                         | wash<br>hands<br>often                  | sneeze<br>or cough<br>in arm | between<br>your<br>fingers             |
| turn off<br>water with<br>towel      | wash<br>hands after<br>sneeze or<br>cough | <b>FREE</b>                             | water                        | chip nail<br>polish<br>harbor<br>germs |
| prevent<br>the<br>spread of<br>germs | protect<br>yourself                       | warm<br>water                           | rinse                        | throw<br>away<br>paper<br>towel        |
| paper<br>towel                       | keep your<br>hands<br>clean               | sing<br>happy<br>birthday<br>song twice | don't<br>bite<br>nails       | sneeze or<br>cough in<br>a tissue      |

|                                   |                                      |                                        |                                   |                                         |
|-----------------------------------|--------------------------------------|----------------------------------------|-----------------------------------|-----------------------------------------|
| <b>B</b>                          | <b>I</b>                             | <b>N</b>                               | <b>G</b>                          | <b>O</b>                                |
| scrub                             | rinse                                | between<br>your<br>fingers             | wash<br>hands<br>before<br>eating | clean                                   |
| under<br>fingernails              | prevent<br>the<br>spread of<br>germs | chip nail<br>polish<br>harbor<br>germs | protect<br>yourself               | wash<br>hands<br>often                  |
| water                             | backs of<br>hands                    | <b>FREE</b>                            | sneeze<br>or cough<br>in arm      | sing<br>happy<br>birthday<br>song twice |
| sneeze or<br>cough in<br>a tissue | remove<br>germs                      | easy to<br>do                          | handwashing                       | soap                                    |
| turn off<br>water with<br>towel   | wash<br>hands<br>after<br>restroom   | don't<br>bite<br>nails                 | throw<br>away<br>paper<br>towel   | dry your<br>hands                       |

|                                 |                                         |                                        |                                      |                                        |
|---------------------------------|-----------------------------------------|----------------------------------------|--------------------------------------|----------------------------------------|
| <b>B</b>                        | <b>I</b>                                | <b>N</b>                               | <b>G</b>                             | <b>O</b>                               |
| throw<br>away<br>paper<br>towel | sing<br>happy<br>birthday<br>song twice | sneeze or<br>cough in<br>a tissue      | backs of<br>hands                    | prevent<br>the<br>spread of<br>germs   |
| 20<br>seconds                   | rinse                                   | dry your<br>hands                      | wash hands<br>when visibly<br>soiled | clean                                  |
| wrists                          | wet your<br>hands                       | <b>FREE</b>                            | easy to<br>do                        | between<br>your<br>fingers             |
| under<br>fingernails            | sneeze<br>or cough<br>in arm            | hand<br>sanitizer<br>between<br>washes | water                                | scrub                                  |
| don't<br>bite<br>nails          | turn off<br>water with<br>towel         | protect<br>yourself                    | handwashing                          | chip nail<br>polish<br>harbor<br>germs |