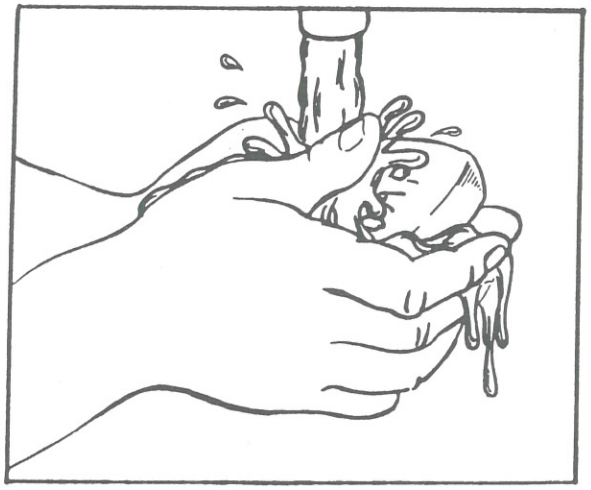
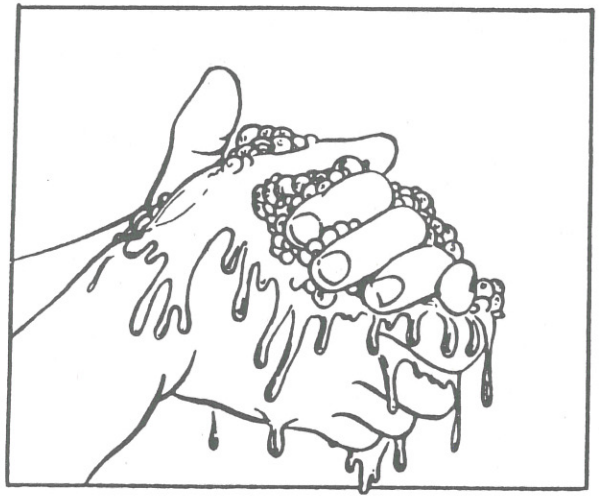
WASH BEFORE YOU WORK!

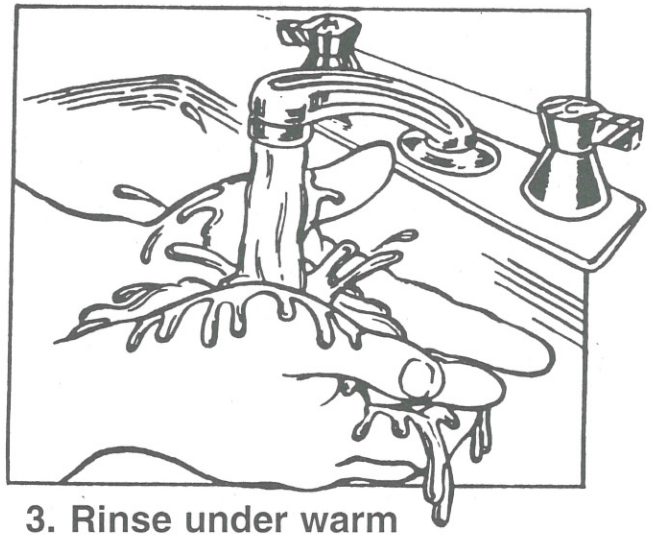
ILLINOIS DEPARTMENT OF PUBLIC HEALTH



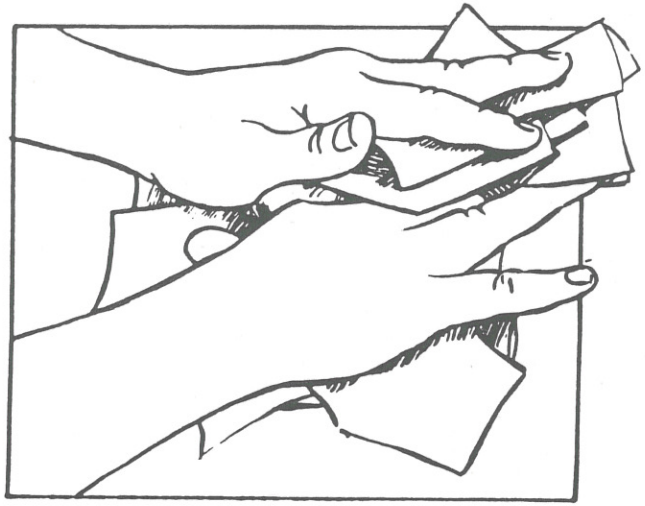
1. Wet hands with soap and warm water.



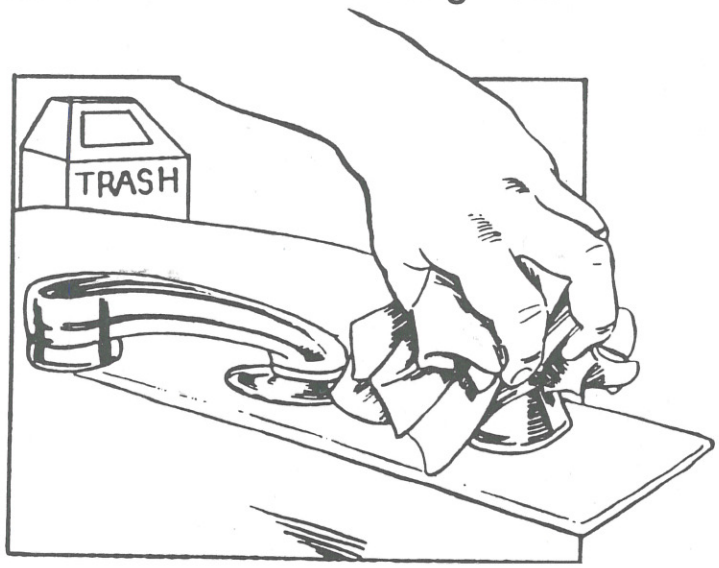
2. Rub hands for 20 seconds. Get under fingernails and between fingers.



3. Rinse under warm running water.



4. Dry hands on your own clean towel.



5. Turn off water with paper towel. Throw towel away.

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