

# Wash Hands To Stop the Germs & Colds

The Center for Disease Control says that washing hands is the most effective way to reduce the spread of infectious diseases. So protect yourself and those you love and care for by washing often and thoroughly with SafeNow Hand Soap. Please copy and share with others.

## BeSafeNow Hand Washing

1. Wet hands with clean warm or cold running water.
2. Use a squirt or two of hand soap.
3. Rub your hands together and scrub well; scrub the back of your hands, between your fingers, and under your nails. Not under running water to save the lather.
4. Continue rubbing your hands for at least 20 seconds. Hum Happy Birthday twice.
5. Rinse your hands well under running water.
6. Dry your hands using a clean towel or air dry.



BeSafeNow non-toxic green cleaning products are safe for people, pets and planet.  
BeSafeNow creates jobs and funding for people with disabilities.  
BeSafeNow is a Vision of Trinity Services

Copy and Post this in hand washing areas. Have plenty of SafeNow Hand Soap.

# BeSafeNow™

Safe and Green Cleaning Products - Created for Safety - Designed to Work!  
Creating Jobs and Funding for People with Disabilities

800.235.6009 - BeSafeNow.com



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