

# THE IMPORTANCE OF WASHING YOUR HANDS



Many of the germs that cause illness are carried around on dirty hands. While you can't see these bugs, you can be sure they are there. The most important method of preventing these germs from spreading between people and causing infections is to wash your hands well. Always wash your hands before handling food or eating, after using the toilet, and after touching potentially dirty surfaces like escalator handles. Be sure to wash both sides of your palms and between all your fingers with soap, rinse well and dry properly.



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