

Maintain a Healthy Environment



The Centers for Disease Control and Prevention says:

WET • LATHER • RINSE • DRY

Washing your hands with soap and water for 20 seconds, or for the duration of singing “The Birthday Song” to yourself twice, is a great way to help prevent the spread of germs!



Visit [cdc.gov](https://www.cdc.gov) for more tips to stay healthy.

