



# TAKE 20 SECONDS FOR CLEAN HANDS

1. **BEFORE YOU...**  
TEXT, HANDLE  
FOOD, EAT.

**AFTER YOU...**  
COUGH, SNEEZE,  
BLOW NOSE,  
PLAY WITH PETS,  
USE REST ROOM,  
PLAY OUTSIDE  
OR SPORTS.

2. WET AND  
SCRUB  
YOUR HANDS  
WITH SOAP  
FOR 20 SECONDS.

3. RINSE AND DRY  
WITH PAPER  
TOWELS.



Arkansas Department of Health  
Keeping Your Hometown Healthy

customer-centered  
**HEALTHmarketing**  
science-based  
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