



# MEMBER NOTICE

## PRACTICE GOOD HYGIENE

Follow these five steps every time:

- **Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.**
- **Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.**
- **Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.**
- **Rinse your hands well under clean, running water.**
- **Dry your hands using a clean towel or air dry them.**

