WASH YOUR HANDS OFTEN TO STAY HEALTHY

Dentsply Sirona

You can help yourself and those around you stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

Before, during, and **after** preparing food.

Before eating food.

Before and **after** caring for someone at home who is sick.

After touching an animal, animal feed, or animal waste.

After touching garbage.

Before and **after** treating a cut or wound.

After using the toilet.

After handling pet food or pet treats.

After blowing your nose, coughing, or sneezing.

FOLLOW FIVE STEPS
TO WASH YOUR HANDS THE RIGHT WAY

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Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community – from your home and workplace to childcare facilities and hospitals. **Follow these five steps every time.**

1

2

3

20 seconds

4

5

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.
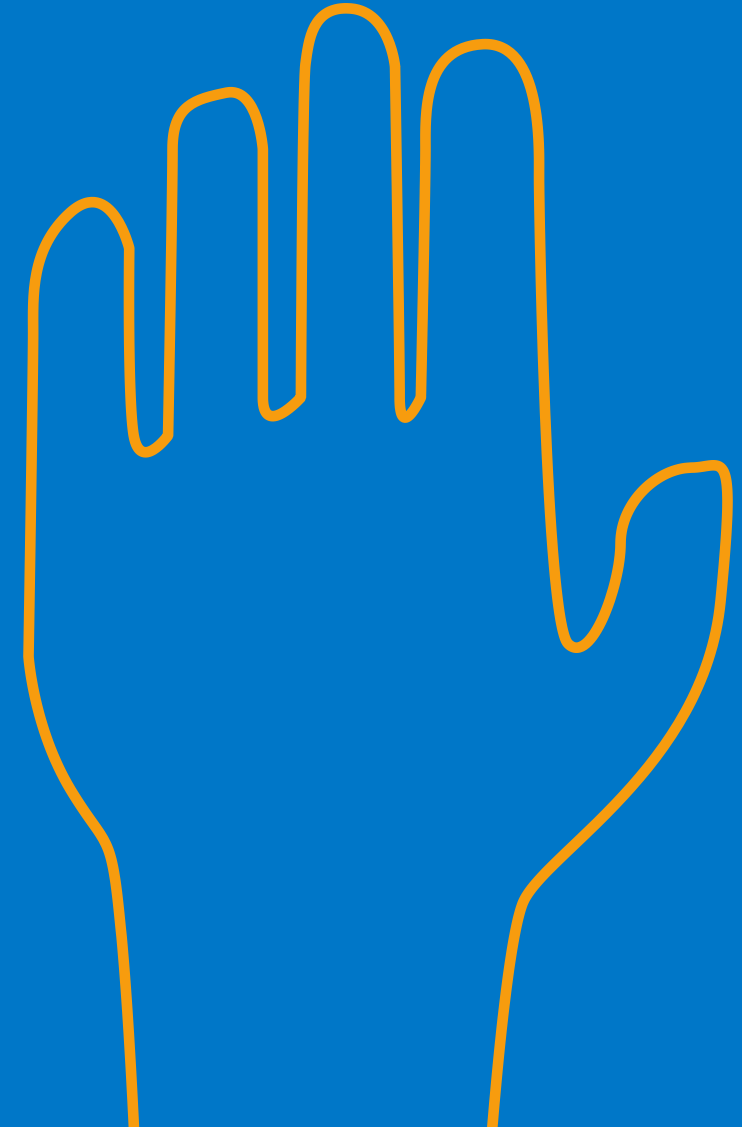
HOW TO USE HAND SANITIZER

Dentsply
Sirona

1

Apply the gel product to the palm of one hand (read the label to learn the correct amount).

2

Rub your hands together.

3

Rub the gel **over all the surfaces of your hands and fingers** until your hands are dry. This should take around **20 seconds**.

STOP CLEAN YOUR HANDS PLEASE

Dentsply Sirona

1

Apply the gel product to the palm of one hand (read the label to learn the correct amount).

2

Rub your hands together.

3

Rub the gel **over all the surfaces of your hands and fingers** until your hands are dry. This should take around **20 seconds**.