

# Clean Hands Save Lives

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**Wash your hands to  
stop germs and stay healthy!**



**Scrub your hands with soap and water  
for at least 20 seconds:**

- **After you use the bathroom**
- **Before handling and eating food**
- **Frequently throughout the day**

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For more information contact:

**Kanawha-Charleston Health Department—304-348-6494**  
**Putnam County Health Department—304-757-2541**

