

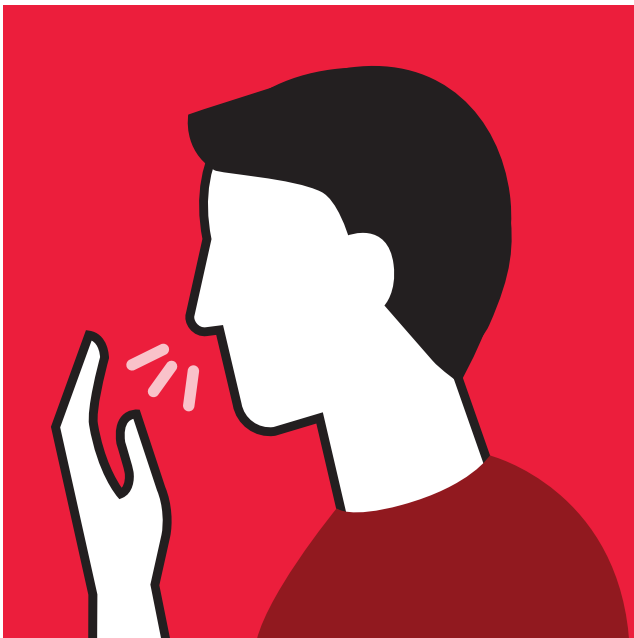
# THE 4 PRINCIPLES OF HAND AWARENESS:



1. **WASH** your hands when they are dirty and **BEFORE** eating.



2. **DO NOT** cough into your hands.



3. **DO NOT** sneeze into your hands.



4. **Above all, DO NOT** put your fingers into your eyes, nose, or mouth. The 4 Principles of Hand Awareness have been endorsed by the AMA and AAFP.