



**PUBLIC
HEALTH
SERVICES**

NOTICE

WASH YOUR HANDS

before preparing food, after handling raw meat or poultry, or after using the toilet.

1. Wet your hands.



2. Apply soap.

3. Rub hands for 15 ~ 20 seconds.
(wash all surfaces thoroughly, scrub back of hands, fingers and under fingernails.)



4. Rinse hands.

5. Dry your hands with paper towel.



6. Turn off water with the paper towel you have used.

For more information regarding sanitary permits and other requirements, visit our EHDP Offices: Saipan, Tinian, and Rota or call us at Saipan: (670) 236-2022/3/7/8 and Tinian: (670) 433-9337/263/333