

A close-up photograph of a person's hands being washed under a running faucet. The water is clear and flowing. The person's hands are positioned under the stream of water, and their fingers are slightly spread. The background is a plain, light-colored wall. The overall scene is clean and hygienic.

**healthworks**

# Don't Want to Get Sick?

Frequently wash your  
hands thoroughly  
for 20 seconds.

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