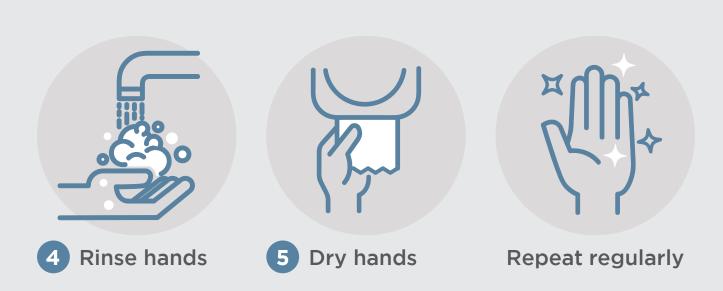
Practice simple hygiene by washing hands regularly





Spend 20 seconds washing your hands.