Wally Cat wants you to be healthy!

Wash your hands often!
- After coughing or sneezing
- Before touching your food
- After using the bathroom
- After handling animals or their waste

You can remove up to 99.9% of the germs that get on your hands if you:
- Use clean warm water
- Apply soap
- Rub your fingers and hands together and scrub for 20 seconds (sing Happy Birthday twice)
- Rinse with clean warm water
- Dry hands with a clean towel or paper towel

The development of the HEEL program was made possible by Senator Mitch McConnell with funds earmarked for the University of Kentucky, College of Agriculture, Lexington, KY and budgeted through the CSREES/USDA Federal Administration.