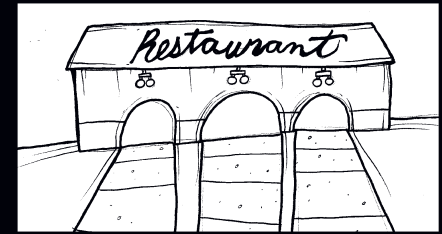


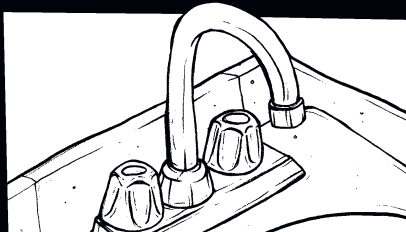
# 20 SECONDS COULD SAVE A LIFE... A TRUE STORY

Poor hand washing can kill.

Unfortunately, I know that better than anyone else...



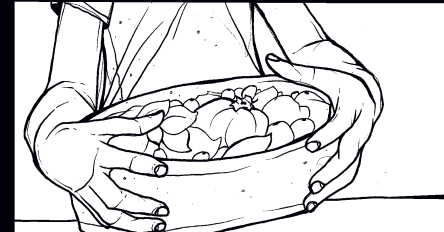
I was working at a restaurant that was a town favorite with great food, and excellent, fast service.



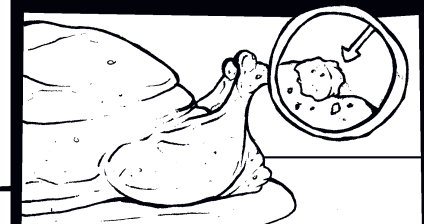
One day, I went to work with diarrhea and upset stomach. I made the big mistake of not taking the time to wash my hands thoroughly.



I was in and out of the bathroom all day, but I continued to prepare the food.



Whether it was the chicken or the black beans I handled... I'm not sure. But my germs got into many of the dishes.



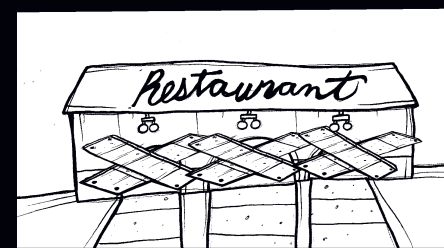
What happened next was unimaginable...



Over 221 people got incredibly sick with diarrhea and cramps.



Some were taken to the hospital.



The county shut down the restaurant.



But the saddest thing of all was that a 53-year-old woman died due to an infection caused by my germs. I will never forgive myself for that. Don't make the same mistake I did. Just 20 seconds of hand washing can get rid of deadly germs. And save a life.