

Handwashing Is The Key To Good Health!

Do you know how to wash your hands?

There's a right way to do it:

It's important to follow these steps each time you wash your hands!

1 First, get your hands wet.

Use clean running water.



2 Lather them up with soap.



3 Scrub, scrub, scrub.

Wash your wrists, palms, backs of hands, fingers and under fingernails. Spend at least 20 seconds scrubbing your hands. This removes the germs from your hands.



4 Rinse the soap off your hands.

Be sure to wash all the soap off. Turn off the faucet with a towel.



5 Dry your hands with a clean towel.

If there is no clean towel, let your hands air-dry. If you use a paper towel, be sure to throw it away when you're done.



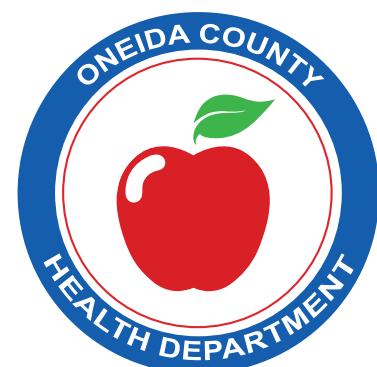
DID YOU KNOW?

- Soap helps to remove germs.
- You do not need to use an antibacterial soap when you wash your hands.
- The scrubbing will do the work.
- When you rinse the soap, you are also rinsing off the germs!



Learn about handwashing & more at

OCCgov.net/health



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