

THE BEST WAY TO PREVENT DISEASE IS TO WASH YOUR HANDS



HOW TO WASH YOUR HANDS PROPERLY

1. Wet hands with running water
2. Pump soap into palms
3. Rub together to make lather
4. Scrub hands vigorously for 20 seconds
5. Be sure to clean under fingernails
6. Rinse soap off of hands
7. Dry hands thoroughly
8. Use a dry paper towel to turn water off



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