



Hands that look clean can still have icky germs!



WASH YOUR HANDS!



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

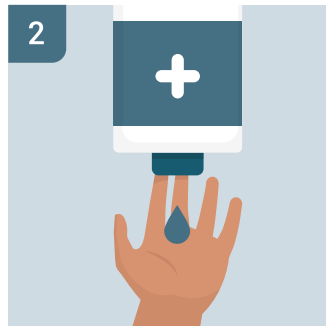


HOW TO WASH YOUR HANDS

PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS



1 WET HANDS



2 APPLY SOAP



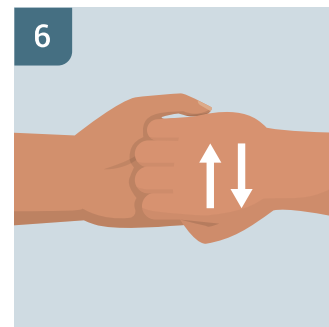
3 RUB HANDS
PALM TO PALM



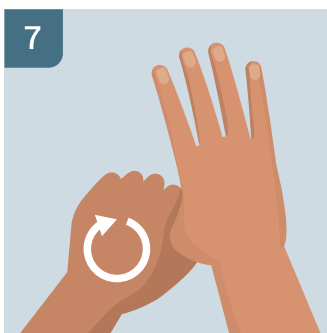
4 LATHER THE BACKS
OF YOUR HANDS



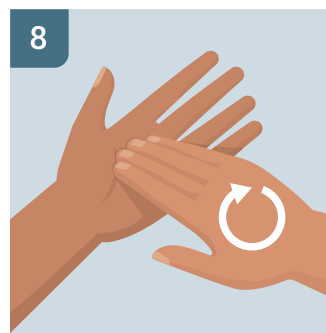
5 SCRUB
BETWEEN YOUR FINGERS



6 RUB THE BACKS
OF FINGERS ON
THE OPPOSING PALMS



7 CLEAN THUMBS



8 WASH FINGERNAILS
AND FINGERTIPS



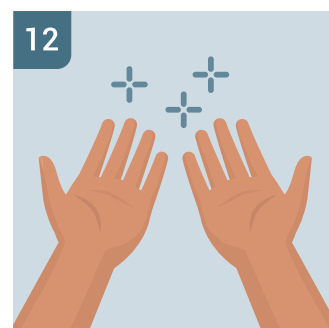
9 RINSE HANDS



10 DRY WITH
A SINGLE USE TOWEL



11 USE THE TOWEL
TO TURN OFF THE FAUCET



12 YOUR HANDS ARE CLEAN



KEEP
CALM
AND
WASH
YOUR
HANDS



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