

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

OCGov.net/health



This publication is funded by Health Research Inc. and the New York State Department of Health contract number 1NU90TP9219240100. The content of this publication is sole the responsibility of the authors and does not necessarily represent the official views of HRI or the NYSDOH