



**GET
HANDS-ON
WITH HEALTH**

SCRUB YOUR HANDS WITH SOAP FOR AT LEAST 20 SECONDS.

STEP
1 PALM
TO PALM



STEP
2 BETWEEN
FINGERS



STEP
3 BACK OF
HANDS



STEP
4 BASE OF
THUMBS



STEP
5 BACK OF
FINGERS



STEP
6 FINGERNAILS



STEP
7 WRISTS



STEP
8 RINSE AND
WIPE DRY



SCAN TO
LEARN MORE

