

THE BEST WAY TO WASH YOUR HANDS

PROTECT YOUR HEALTH WITH HANDWASHING

Source: CDC



WET YOUR HANDS



with clean, running (warm or cold) water.

APPLY SOAP AND LATHER

Rub hands together with the soap (Don't forget the backs of your hands, between fingers, and nails).



SCRUB

Scrub your hands for at least 20 seconds.



RINSE

Rinse hands thoroughly under clean, running (warm or cold) water.



DRY YOUR HANDS



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MORE TIPS

Wash hands often, and especially when you are likely to get and/or spread germs.

Can't wash hands right away? Use a hand sanitizer with at least 60% alcohol.



HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY