



HOW TO WASH YOUR HANDS



DON'T RUSH

According to the World Health Organization, the entire handwashing process should take about 40-60 seconds.



WET YOUR HANDS

You can use either cold or warm water. Warm-to-hot water is best for especially soiled hands.



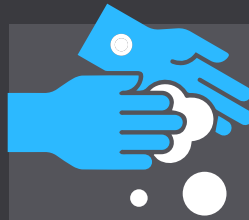
USE SOAP

Apply enough soap to cover all surfaces of your hands.



RUB HANDS

Put your right palm over the back of your left hand with interlaced fingers (and vice versa). Then rub them again palm-to-palm with fingers interlaced.



KEEP GOING

Rub your hands vigorously for at least 20 seconds. Scrub all surfaces, including the backs of your hands, wrists, and under your fingernails.



RINSE

Rinse your hands with water. Dry them thoroughly with a single-use towel or air dryer.



AVOID RECONTAMINATION

Use a single-use towel to turn off the water faucet (if necessary).

CAMERON COUNTY PUBLIC HEALTH

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