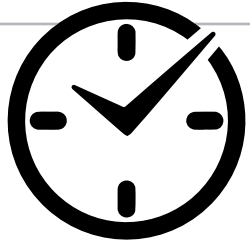


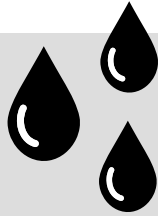


# HOW TO WASH YOUR HANDS



## 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.



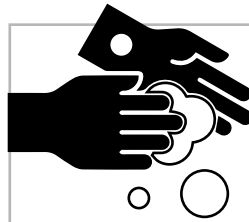
## USE SOAP

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**

**956-24/7-3650**

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