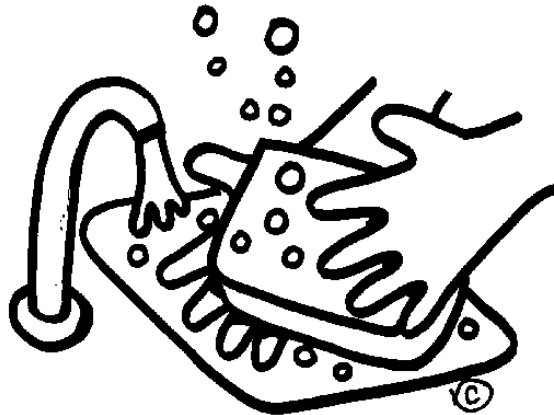


# ***DIRTY HANDS SPREAD DISEASE***

## **PROPER METHOD OF**

# **HAND WASHING**



- Use SOAP and RUNNING WATER
- RUB your hands vigorously
- WASH ALL SURFACES, including:
  - backs of hands
  - wrists
  - between fingers
  - under fingernails
- RINSE well
- DRY hands with a paper towel
- Turn off the water using a PAPER TOWEL instead of bare hands



**LORAIN CITY HEALTH DEPARTMENT**



**Public Health**  
Prevent. Promote. Protect.