WASH YOUR HANDS

1. Start with warm or hot water
2. Use soap and make a lather
3. Rub and scrub thoroughly for 20 seconds - scrub palms, back of hands, between fingers and under nails
4. Rinse well
5. Dry hands completely
6. Use a paper towel to shut off the faucet

Fairfaxcounty.gov/hd/handwashing
A Fairfax County, Va., publication. December 2014.
For more information or to request information in an alternate format, call the Fairfax County Health Department at 703-246-2411, TTY 711.