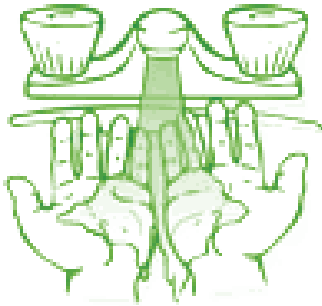


Proper Handwashing



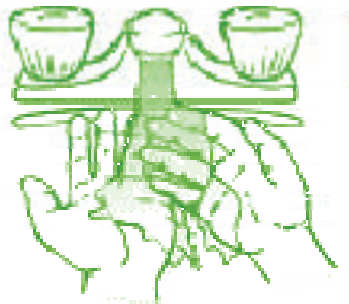
1. Use water as hot as the hands can comfortably stand.



2. Moisten hands, soap thoroughly, and lather to elbow.



3. Scrub thoroughly to elbow using brush and friction for 20 seconds.



4. Rinse thoroughly under running water.



5. Dry hands, using single-service towels or hot-air dryer.



6. Use the towel to turn off faucet.



**St. Mary's County
Health Department**