



Wash Your Hands the Proper Way to Stay in **THE PEAK OF GOOD HEALTH**

Washing

- Use soap and warm water
- Wash both sides of your hands
- Wash under your nails
- Wash between your fingers
- Don't forget your wrists
- Keep washing for at least 15 seconds

Drying

- Dry hands on paper towel
- Use paper towel to turn off faucet
- Use towel to open the door when you leave

No Soap & Water?

- Use an alcohol-based hand sanitizer



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www.cdc.gov/h1n1flu

www.SummitHealth.org

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