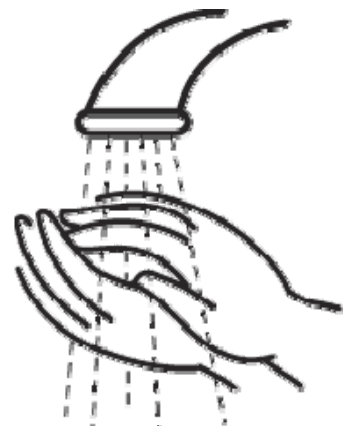




Dallas County Health and Human Services

WASH & STOP Your hands & Spreading Germs

Remember, correct hand washing can help stop the spread of germs that make you sick!



Step 1:

Wet Hands with warm water

Step 2:

Use soap



Step 3:

Lather & Rub for 20 seconds

Tip: Try singing "Happy Birthday to You" twice



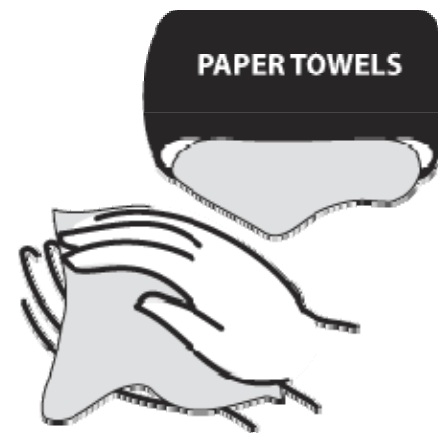
Step 4:

Rinse with warm, running water



Step 5:

Towel or Air Dry Hands



Step 6:

Turn off tap with towel or your sleeve



For more information visit www.dallascounty.org or phone (214) 819-2163