

# Your Health Is In Your *Clean* Hands

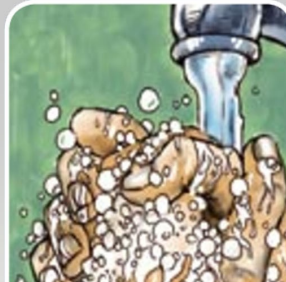
**20 seconds  
can make a difference.**

Proper and frequent handwashing will help you stay healthy and stop the spread of infection.



**Wet hands**

**Step 1** - Wet your hands with warm, running water.



**Apply soap**

**Step 2** - Apply soap and scrub hands and wrists for at least 20 seconds.



**Rinse hands**

**Step 3** - Rinse with warm, running water.



**Dry hands**

**Step 4** - Dry your hands with a paper towel.



**Turn off faucet**

**Step 5** - Turn off the faucet with the paper towel. Throw it away.



**Loup Basin**  
PUBLIC HEALTH DEPARTMENT

Contact the Loup Basin Public Health Department  
for more information, Toll Free 866-522-5795