

GERMS are everywhere. **WASH YOUR HANDS.**

**Washing your hands properly and thoroughly
helps stop the spread of common illnesses
and keeps you and your loved ones healthy!**



1

USE SOAP AND WATER.

Wet your hands and apply a generous amount of soap.



2

LATHER, SCRUB, RINSE.

Wash hands completely including palms, in between fingers, under nails, and the back of hands and wrists.



3

DRY COMPLETELY.

Use a paper towel to dry your hands thoroughly and to turn off the faucet.

**GWINNETT, NEWTON AND ROCKDALE
HEALTHY. PROTECTED. PREPARED.**

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