

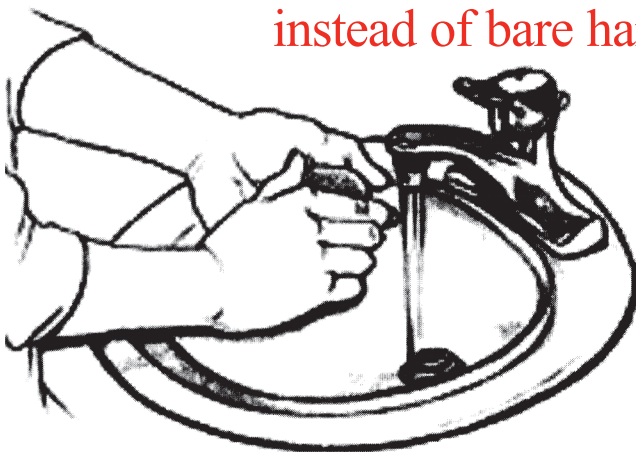
The

**STOP  
DISEASE**

**Method of**

# **HANDWASHING**

1. Use SOAP and WARM RUNNING WATER
2. RUB your hands vigorously
3. WASH ALL SURFACES, including:
  - Backs of hands
  - Wrists
  - Between fingers
  - Under fingernails
4. RINSE well
5. DRY hands with a paper towel
6. Turn off the water using a PAPER TOWEL instead of bare hands



MISSOURI DEPARTMENT OF  
HEALTH AND SENIOR SERVICES

An EQUAL OPPORTUNITY/AFFIRMATIVE ACTION  
EMPLOYER services provided on a nondiscriminatory basis