

# Help stop the spread of colds, flu and viruses.

## Wash your hands!

How to Wash your hands in 6 easy steps



1. Use warm or hot water.    2. Use soap and make a lather.    3. Scrub for 20 seconds.



4. Scrub palms, back of hands, between fingers and under and fingernails.    5. Rinse well    6. Dry Hands completely. Use paper towel to shut off faucet.

*Clean*

## Your health is in your ^ hands

This is a public health notice from the Massachusetts Department of Public Health, Division of Epidemiology and Immunization and the Halifax Board of Health.

For more information go to [www.mass.gov/handwashing](http://www.mass.gov/handwashing)