

5 Easy Steps to Prevent Disease



1. Wet your hands and apply liquid, bar or powder soap.



2. Rub hands together vigorously to make a lather, and scrub all surfaces.
● Scrub well for 20 seconds! It takes that long to dislodge and remove stubborn germs. To time yourself, sing the ABCs!



3. Rinse hands well under running water.



4. Dry hands using a paper towel or air dryer.



5. If possible, use paper towel to turn off faucet.

For more information, contact your local public health unit or call the North Dakota Department of Health at 701.328.2378 or 800.472.2180.

