

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.

