

**THE “STOP DISEASE” METHOD OF**

# **HAND WASHING**



**PUEBLO CITY-COUNTY  
HEALTH DEPARTMENT  
ENVIRONMENTAL HEALTH  
DIVISION  
101 W. 9TH STREET  
PUEBLO CO 81003  
583-4323**

- **USE SOAP AND RUNNING WATER**
- **RUB YOUR HANDS VIGOROUSLY**
- **WASH ALL SURFACES INCLUDING:  
BACKS OF HANDS  
WRISTS  
BETWEEN FINGERS  
UNDER FINGERNAILS**
- **RINSE WELL**
- **DRY HANDS WITH A PAPER TOWEL**
- **TURN OFF THE WATER USING A  
PAPER TOWEL INSTEAD OF BARE  
HANDS**