

The “Stop Disease” Method of

Hand Washing



**ENVIRONMENTAL HEALTH AND
EMERGENCY PREPAREDNESS**

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- Wash only in a hand sink
- 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