HENRY THE HAND’S HAND WASHING GUIDE

1. WET HANDS
2. Use SOAP and WARM WATER
3. SOAP UP
   - Wash Between Fingers
   - Wrists
   - Under Fingernails
   - Backs of hands
4. RINSE OFF
5. TOWEL DRY

REMEMBER
- to turn off the water
- using a PAPER TOWEL
- instead of your hands

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Help keep Macon County Healthy

Spread the Word Not the Germs

Henry the Hand’s®
4 Principles of Hand Awareness:

1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose or mouth!

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Henry the Hand Foundation promotes Hand Awareness.

Cincinnati, OH 45241      513.769.3660      www.henrythehand.com