

# HENRY THE HAND'S HAND WASHING GUIDE

**5** REMEMBER  
to turn off the water  
USING A  
PAPER TOWEL  
INSTEAD OF  
YOUR HANDS



**2** Use SOAP  
and  
WARM  
WATER

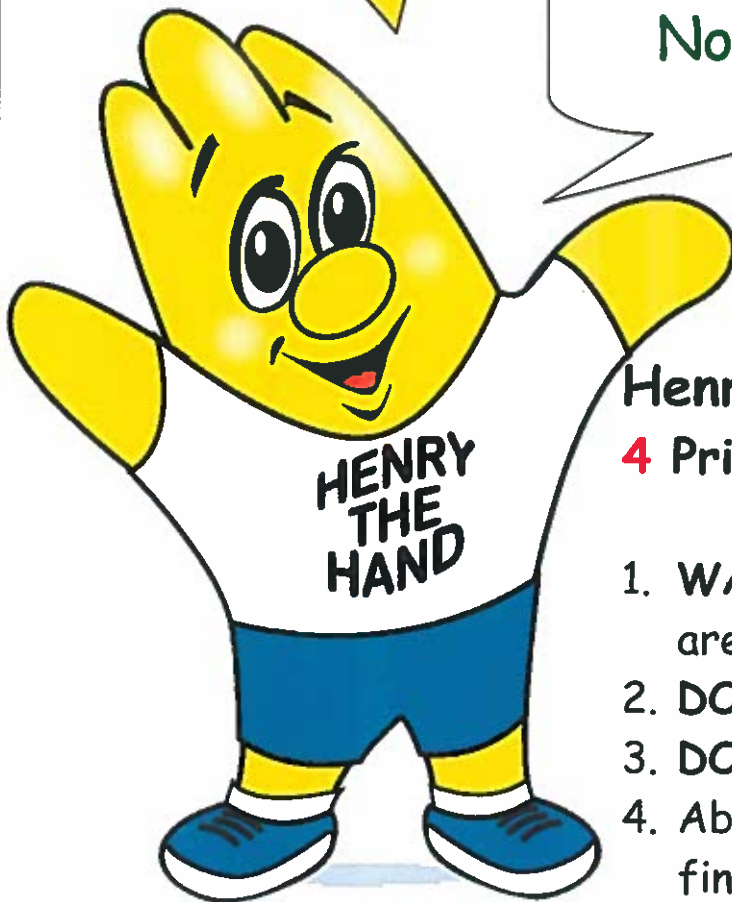


**WASH**  
Between Fingers  
Wrists  
Under Fingernails  
Backs of hands



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.

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