

# Wash your hands so you can stop germs



**Use soap** and running water.



**Rub** your hands back and forth.



**Rinse** with water.



**Dry** hands with paper towel.



**Turn off** faucet with paper towel.



Massachusetts Department of Public Health  
Division of Epidemiology and Immunization  
(617) 983-6800 or (888) 658-2850