

# The Karuk Tribe Cares About YOU!

## PROPER HAND WASHING

Washing your hands frequently with soap and water is the best way to reduce the spread of germs.



1  
Wet your hands with warm running water



2  
Add soap and scrub for 15-20 seconds



3  
Wash backs, thumbs, between fingers, and under nails



4  
Rinse off soap under running water



5  
Dry your hands with a clean towel



6  
Turn off tap with a towel

When soap and water are not available, alcohol-based hand sanitizers can be used if hands are not visibly soiled.

