

A healthy Scottsdale is **in your hands.**

Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



1. Wet with water and apply soap



2. Rub palm to palm



3. Rub back of hands



4. Rub between fingers



5. Rub your thumbs



6. Wash the backs of your fingers



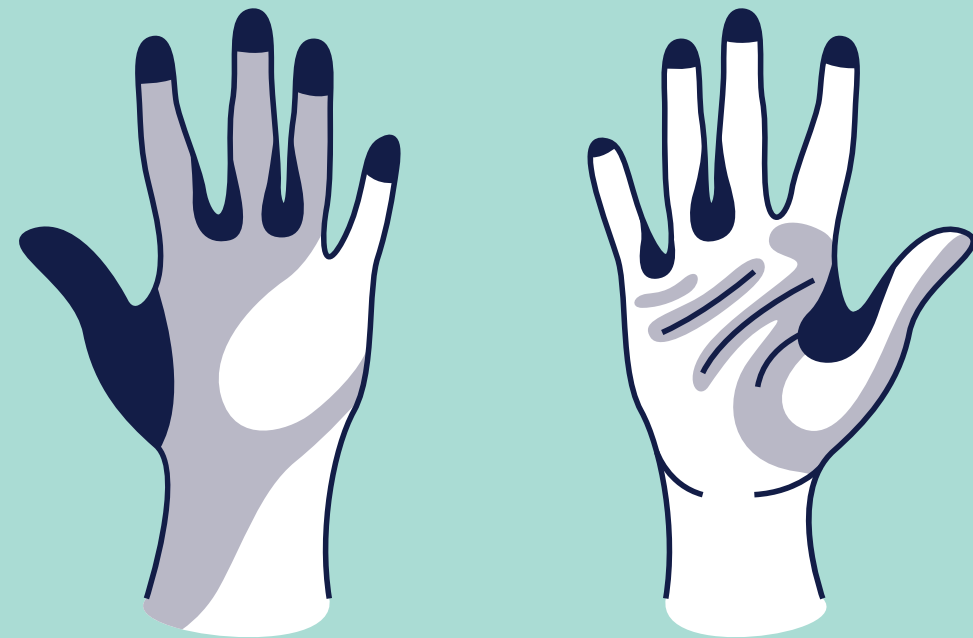
7. Wash your fingernails



8. Rub your wrists



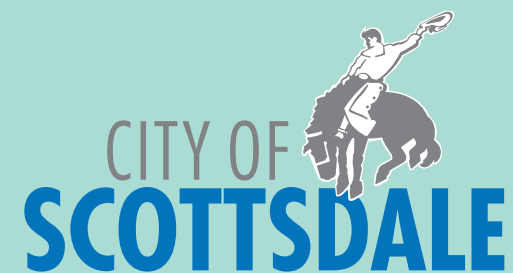
9. Rinse and wipe dry



● Most often missed

● Less missed

○ Not missed



Learn more at ScottsdaleAZ.gov, search “COVID-19”

A HEALTHY
SCOTTSDALE
STARTS WITH
YOU