

# 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.



Wet with water and apply soap



Rub palm to palm



Rub back of hands



Rub between fingers



Rub your thumbs



Wash the backs of your fingers



Wash your fingernails



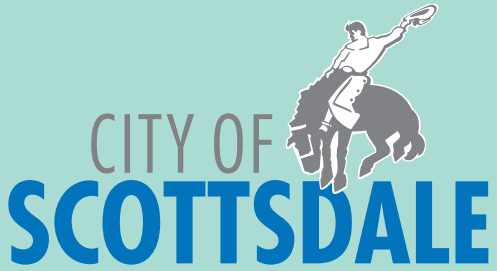
Rub your wrists



Rinse and wipe dry



● Most often missed    ● Less missed    ● Not missed



Learn more at [ScottsdaleAZ.gov](http://ScottsdaleAZ.gov), search "COVID-19"

# A HEALTHY SCOTTSDALE STARTS WITH YOU