GDA Georgia Dental ASSOCIATION℠

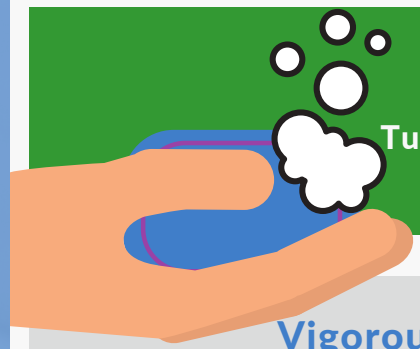
Guide to properly washing your hands like a dentist!

#BRUSH like a dentist

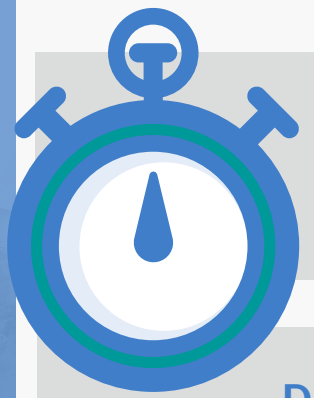
WASH like a dentist

START

Turn on the water and dispense soap on the palm of your hand.



Vigorously rub the soap between the palms of your hands until you see the soap lather.



Lather for 20 seconds while scrubbing the back of your hands, the palms of your hands and between your fingers.

Don't forget to clean underneath your fingernails and scrub from your hands all the way up to your wrist.

Rinse and dry your hands.

YOU NOW HAVE CLEAN HANDS!