



*Promoting Public Health*

**Bernards Township Health Department**

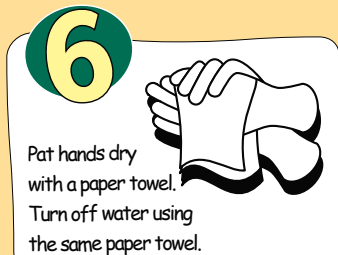
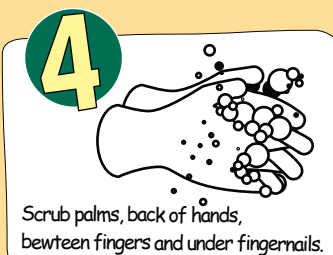
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# How to Wash Your Hands in Six Easy Steps

To wash your hands properly, rub all parts of the hands and wrists with soap and water.

Wash for at least 20 seconds.

Pay special attention to your fingertips, between the fingers, the backs of your hands, and the base of your thumbs.



*The Bernards Township Health Department is the Contractual Health Agency serving:*

Basking Ridge • Bernardsville Borough • Chester Borough • Long Hill Township • Mendham Borough • Mendham Township • Peapack and Gladstone Borough