Wash Away Germs for Clean Hands!!

Shigella is an ugly germ. It causes diarrhea in infants, children and adults. MSDH is seeing an increase in Shigella cases this year. Shigella spreads quickly and is very easy to catch.

Wash your hands with soap and rinse with clean warm water:

• after using the bathroom
• after changing a diaper
• before and after cooking a meal
• before eating a snack or meal

Prevent Shigella by having clean hands!

Step 1
Wet your hands with warm, running water.

Step 2
Apply soap.

Step 3
Scrub hands and wrists for at least 20 seconds.

Step 4
Rinse with warm, running water.

Step 5
Dry your hands with a paper towel.

Step 6
Turn off the faucet with the paper towel. Throw it away.