

Don't Skip Your Thumbs!

**You use soap, you rub your palms and your four main fingers together, then you rinse.
Now your hands are clean, right?**



Oops! You skipped your thumbs.

Studies show people often skip their thumbs during handwashing.

**Wash your hands completely, including all five fingers, before you rinse.
If you skip your thumbs, your hands aren't clean.**



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