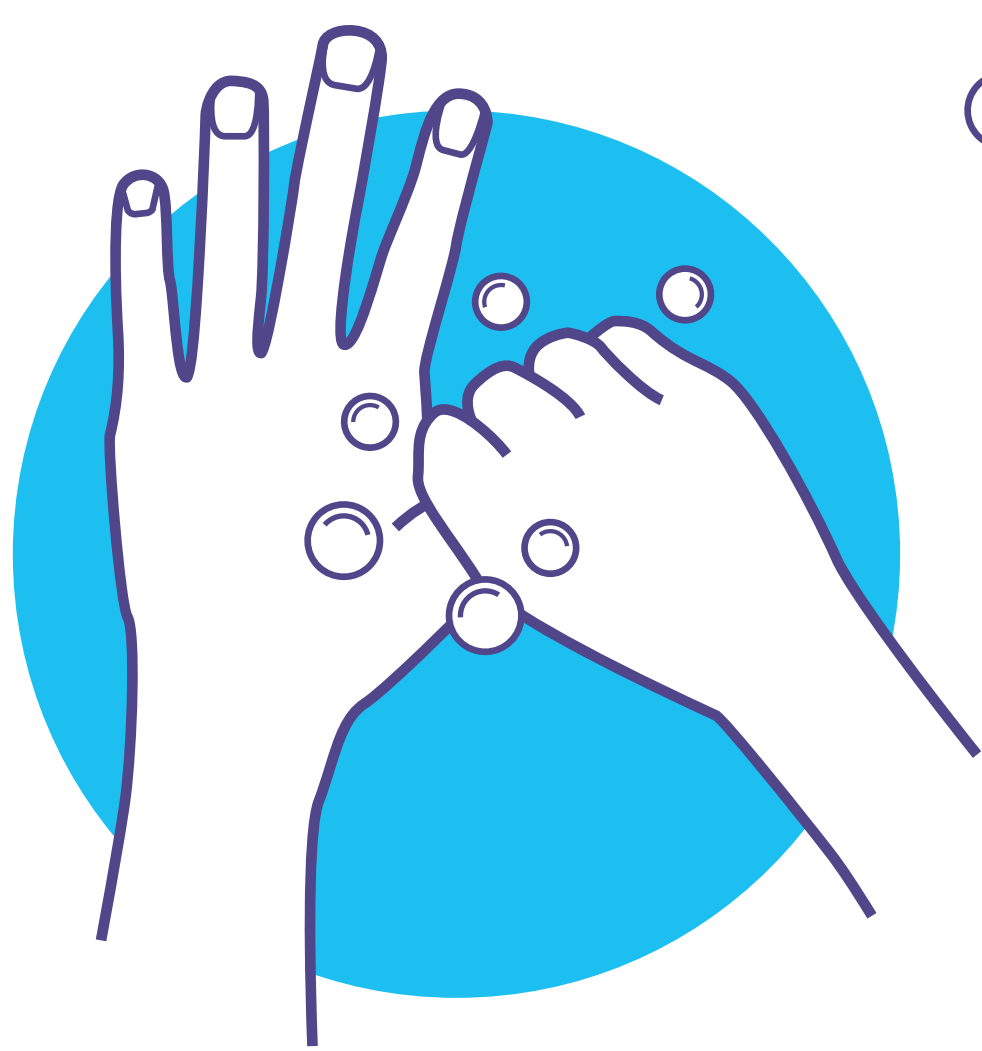


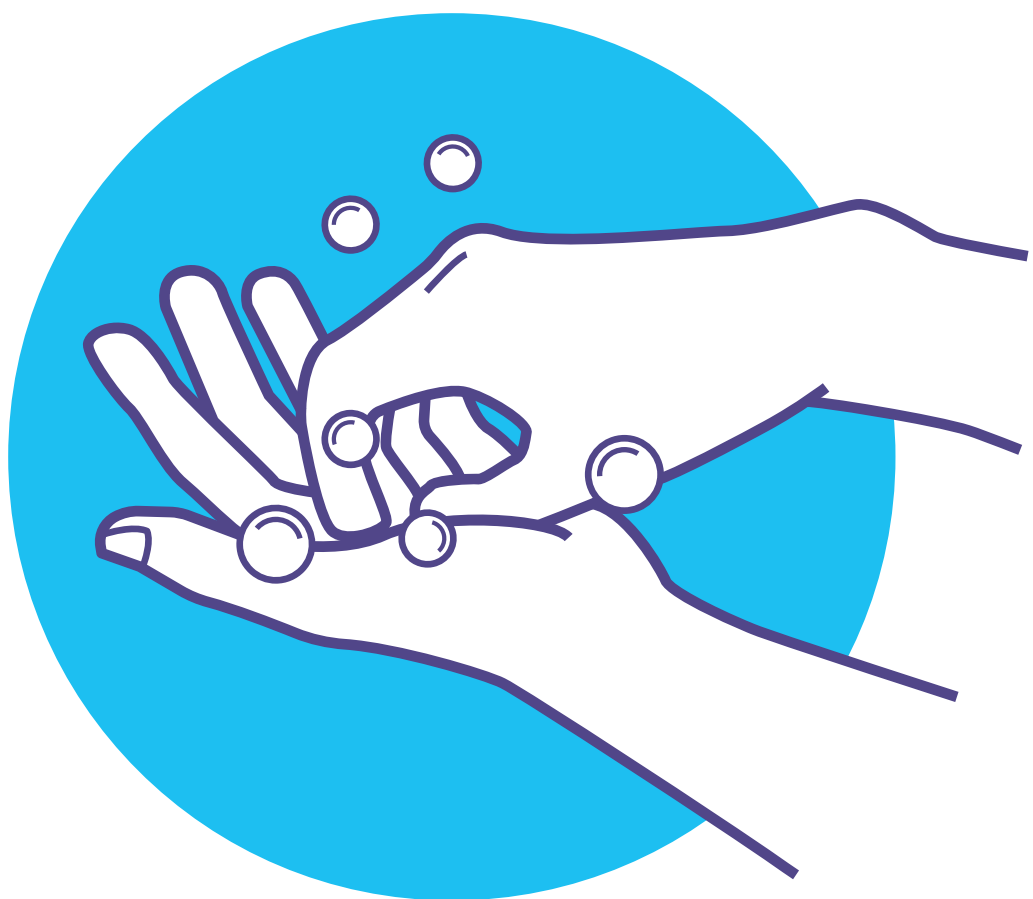
DIRTIEST PARTS OF YOUR HANDS

Whether you're washing for 20 seconds with soap and water, or using an alcohol-based hand gel or spray with 60% or more alcohol, **don't miss these extra-germy parts of your hands.**



Thumbs

We scrub our palms, fingers and the backs of our hands, but often miss our thumbs.



Nails

Healthcare workers are trained to scrub their nailbeds and the rest of us should, too. One nailbed can harbor as much bacteria as your entire hand. Other materials like food and lotion can also build up under your nails.



Wrists

You might have to roll up your sleeves, but don't stop washing before your wrists. We often miss our wrists while washing. After you've scrubbed your entire hand, use your opposite hand to make a ring around your wrist with soap and water, and then rinse.

Sources:

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