THANK YOU
for washing your hands
upon entering our Office

Henry the Hand’s 4 Principles of Hand Awareness

1. Wash your hands when they are dirty and before eating.
2. Do NOT cough into your hands.
3. Do NOT sneeze into your hand.
4. Above all, do NOT put your fingers into your eyes, nose, or mouth.

*The 4 Principles of Hand Awareness have been endorsed by the AMA and AAFP

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www.henrythehand.org