

**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