

Your hands carry germs you can't see.

How:

1. **Wet** your hands with clean water.
2. **Soap** them up.
3. **Scrub** them front and back, between your fingers, and under your nails.
4. **Scrub** for **20 seconds**.
5. **Rinse** with clean water.
6. **Dry** hands with a clean towel or by air drying.
7. **Repeat** often.



When:

- After using the bathroom
- Before eating or cooking
- After blowing your nose
- After coughing or sneezing
- After touching animals
- Before and after visiting someone who is sick
- Any time your hands are dirty!

You can stop them from spreading. Wash your hands!



Health & Wellness

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www.cdc.gov/handwashing

