

Staying Healthy Starts with

Clean Hands

Keeping hands clean is one of the most important ways to prevent illness and the spread of germs to others

Proper Handwashing

1



Wet your hands with warm water and apply soap. Work soap into a lather.

2



Clean hands thoroughly from fingertips to wrists. Continue rubbing hands for 20–30 seconds—the duration of the ABC song.

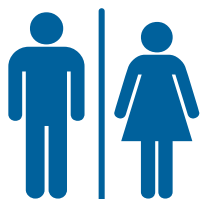
3



Rinse hands with warm water. Dry your hands with a paper towel or let them air dry.

When possible, use your paper towel to turn off the faucet and to handle the door when exiting the restroom

When to Wash Your Hands



After going to the bathroom



After blowing your nose, coughing or sneezing



Before and after preparing or eating food