

# 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.

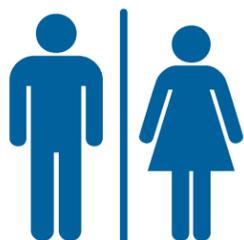
3



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