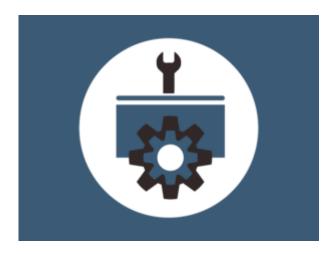
## CDC Wash Your Hands Fact Sheet



Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

## Stop Germs! Stay Healthy! Wash Your Hands

## WHEN?

- · Before, during, and after preparing food
- · Before eating food
- Before and after caring for someone who is sick
- . Before and after treating a cut or wound
- · After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- · After handling pet food or pet treats
- After touching garbage

## HOW?

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- · Rinse hands well under clean, running water.
- . Dry hands using a clean towel or air dry them.

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For more details on handwashing, visit CDC's Handwashing Website at www.cdc.gov/handwashing



U.S. Department of Health and Human Service Centers for Disease Control and Prevention

CS245253A