Stop Germs! Stay Healthy! Wash Your Hands
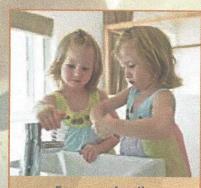
WHEN?

- 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 or animal waste
- After touching garbage

HOW?

- Wet hands with clean, running water and apply soap.
- Rub hands together to make a lather. Scrub the backs of hands, between fingers, and under nails.
- Continue scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse hands well under running water.
- Dry hands using a clean towel or air dry.

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

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

CDC

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