

# Wash your hands

**STOP** the spread of germs!



## Washing

- 1.) **Wet** your hands
- 2.) Add **soap**
- 3.) **SCRUB, SCRUB, SCRUB!**
- 4.) **Rinse** your hands
- 5.) **Dry** your hands

## When?

- **Before, after** eating food
- **After** using the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal or handling pet food
- **After** touching garbage



**No soap or water?**  
**Use hand sanitizer!**

For more information, visit [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

