

Wash your hands

Protect yourself. Prevent the spread of germs.



Washing

- Use soap & warm water
- Wash both sides of your hands
- Wash under your nails
- Wash between your fingers
- Don't forget your wrists
- Keep washing for at least 20 seconds



Drying

- Dry hands on paper towel
- Use paper towel to turn off faucet
- Use paper towel to open the door when you leave



No Soap & Water?

- Use an alcohol-based hand sanitizer

For more information, visit
www.cdc.gov/handwashing