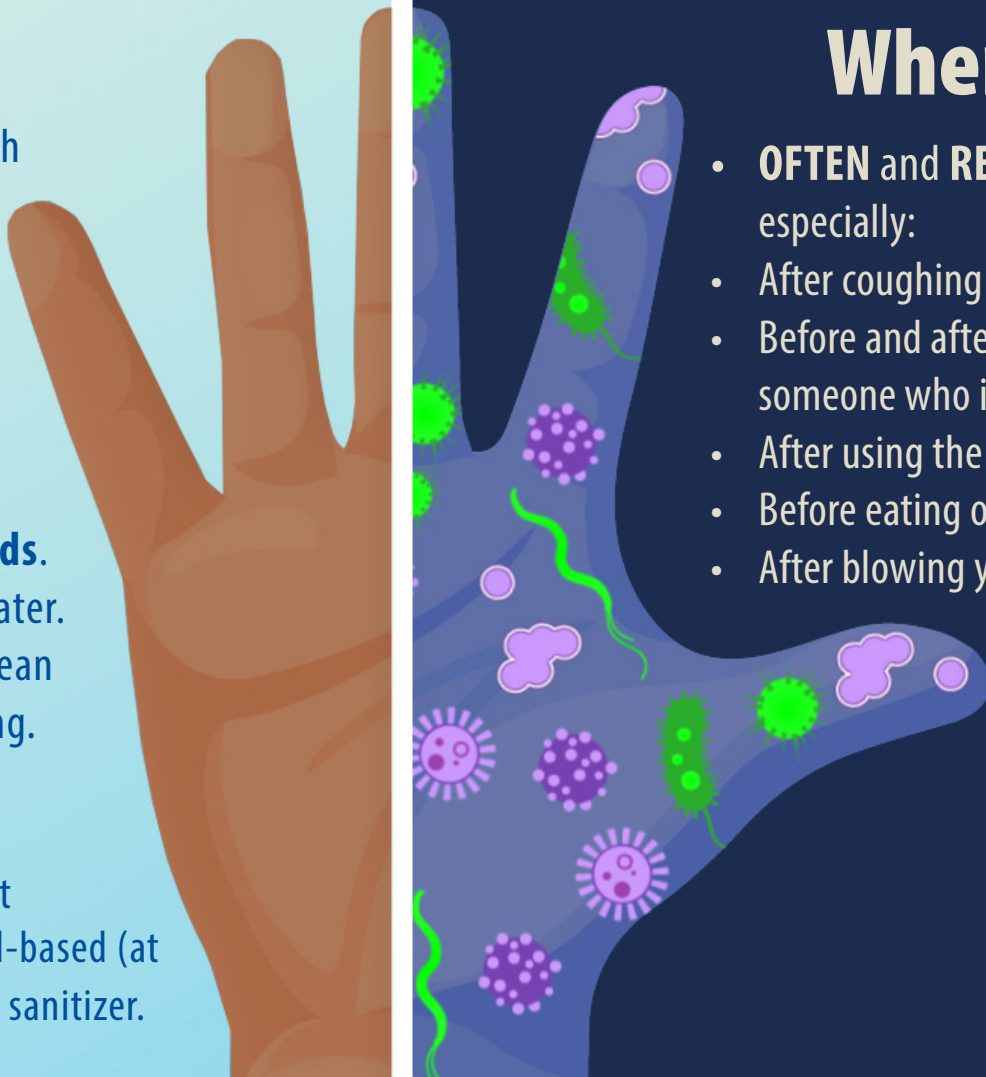


Your hands carry germs you can't see.

How:

1. **Wet** your hands with clean water.
2. **Soap** them up.
3. **Scrub** them front and back, between your fingers, and under your nails.
4. **Scrub** for **20 seconds**.
5. **Rinse** with clean water.
6. **Dry** hands with a clean towel or by air drying.
7. **Repeat** often.

If soap and water are not available, use an alcohol-based (at least 60% alcohol) hand sanitizer.



When:

- **OFTEN** and **REGULARLY**, especially:
- After coughing or sneezing
- Before and after visiting someone who is sick
- After using the bathroom
- Before eating or cooking
- After blowing your nose

You can stop them from spreading. Wash your hands!