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.

**When:**
- After using the bathroom
- Before eating or cooking
- After blowing your nose
- After coughing or sneezing
- After touching animals
- Before and after visiting someone who is sick
- Any time your hands are dirty!

You can stop them from spreading. Wash your hands!

[Health & Wellness](603-862-9355 • unh.edu/health • @UNHHealth]
[www.cdc.gov/handwashing]