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!

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www.cdc.gov/handwashing