Wash Your Hands *(taken from the CDC website)*

Handwashing is one of the best ways to protect yourself and your family from getting sick.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

When should you wash your hands?

You can help yourself and others stay healthy by washing your hands often, especially during these key times when germs are likely to get on your hands and can easily spread to others:

Scrub your hands for at least 20 seconds.

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

- **Before**, **during**, and **after** preparing food
- **Before** eating food
- **Before** and after caring for someone who is sick
- **Before** and after treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** touching garbage

What is the right way to wash your hands?

Follow the five steps below to wash your hands the right way every time.

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Washing hands with soap and water is the best way to get rid of germs in most situations.

For more information on handwashing, please visit CDC's Handwashing website. https://www.cdc.gov/handwashing. You can also call 1-800-CDC-INFO.