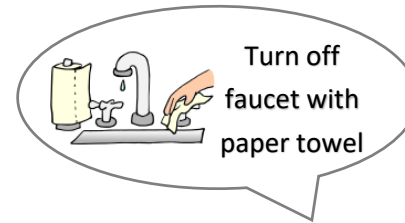




**1. Wet**  
Wet hands with warm water



Turn off faucet with paper towel



Handwashing is essential to stop the spread of bacteria and viruses.

**5. Dry**  
Dry Hands



**4. Rinse**  
Rinse soap off of hands



# Wash Your Hands

and Stop the Spread of Germs

**3. Scrub**  
Scrub all surfaces of hands and under nails for 20 seconds



Washing your hands is one of the most effective ways to prevent yourself from getting sick.

If soap and water is unavailable, hand sanitizer with at least 60% alcohol content may be used.

**2. Soap**  
Apply soap to hands



Wash your hands frequently, especially after coughing, sneezing, blowing your nose, and being in a public location.

