

# STOP GERMS!

## Wash Your Hands.



### STEP 1

**WET** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



### STEP 2

**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.



### STEP 3

**SCRUB** your hands for at least **20 seconds.**



### STEP 3

**RINSE** hands well under clean, running water.

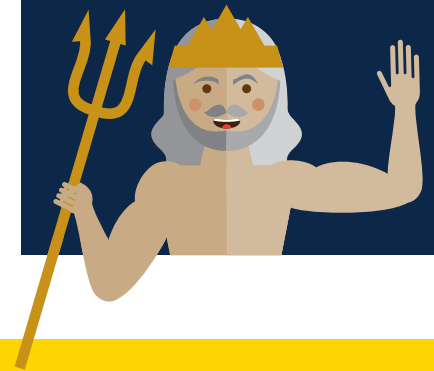


### STEP 4

**DRY** hands using a clean towel or air dry them.



Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.



## Stop the Spread of Germs!

Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.

Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid close contact with people who are sick and stay home if you are sick.

Cover your cough or sneeze into your sleeve or a tissue, then throw the tissue in the trash.

Clean and disinfect surfaces that are frequently touched.