

# Germs Are Everywhere



Washing your hands helps stop the spread of germs that make you sick.

## HOW

- Use soap & warm running water \*\*\*
- Rub your hands together vigorously
- Wash at least 15 seconds
- Rinse with hands above wrists
- Dry on clean towels
- Use towels to turn water off and open door

\*\*\* Or use alcohol-based hand cleaner

## WHEN

- Before/after preparing or eating food
- After using the bathroom
- After coughing, sneezing or wiping your nose
- After handling money
- If in doubt, wash your hands

"Whether at home, work, or school, hand-washing is one of the most important things you can do to keep from getting sick and from spreading germs to others."

— Centers for Disease Control & Prevention