

# WASH YOUR HANDS!

IT'S THE BEST WAY  
TO STOP SPREADING GERMS



## WHY

- **MOST (98%) INFECTIONS ARE SPREAD BY HANDS**
- **CLEAN HANDS HELP PREVENT YOU FROM GIVING YOUR GERMS TO SOMEONE ELSE**

## WHEN

- **AFTER USING THE BATHROOM**
- **BEFORE TOUCHING ANY FOOD**
- **BEFORE YOU EAT ANYTHING**
- **AFTER SNEEZING, BLOWING YOUR NOSE, COUGHING, OR TOUCHING YOUR FACE**
- **AFTER PLAYING WITH TOYS USED BY OTHERS**

## HOW

- **USE SOAP AND WARM WATER IF YOUR HANDS LOOK DIRTY**
  - **USE WARM WATER AND SOAP**
  - **RUB HANDS ALL OVER FOR A COUNT OF TWENTY**
  - **DRY THEM WITH A PAPER TOWEL**
- **IF YOUR HANDS DON'T LOOK DIRTY YOU CAN USE ALCOHOL-BASED HAND RUB**



**New Hampshire Department of Health and Human Services**  
**Division of Public Health Services**  
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