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

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

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

Most (98%) infections are spread by hands. Clean hands help prevent you from giving your germs to someone else. When washing your hands:

- 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.

Washing your hands is the best way to stop spreading germs.