Stop Germs! Wash Your Hands.

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

How?

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

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.

SCRUB your hands for **at least 20 seconds**. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

RINSE hands well under clean, running water.

DRY hands using a clean towel or air dry them.

When?

- After using the bathroom.
- Before, during, and after preparing food.
- Before eating food.
- Before and after caring for someone at home who is sick with vomiting or diarrhea.
- Before and after treating cuts or wounds.
- After changing diapers or cleaning up a child who has used the toilet.
- After blowing your nose, coughing, or sneezing.
- After touching an animal, animal feed, or animal waste.
- After handling pet food or pet treats.
- After touching garbage.

SMS Service Management Systems

For more information, please visit the CDC website linked below:
www.cdc.gov/handwashing