HANDWASHING

Washing your hands properly is one of the most important things you can do to protect yourself and others from getting sick!

When should you wash your hands?

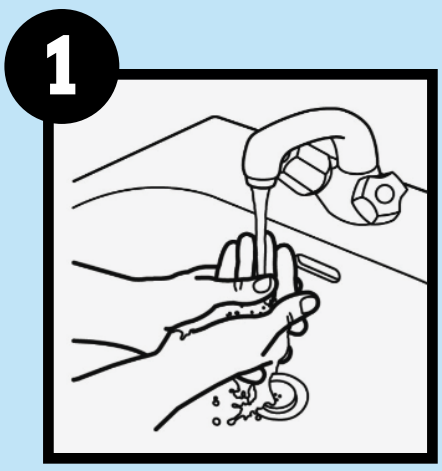
- After using the restroom
- After you cough or sneeze
- Before eating or preparing food
- After handling an animal
- When you are caring for a sick person
- Whenever your hands are visibly dirty

How to wash your hands

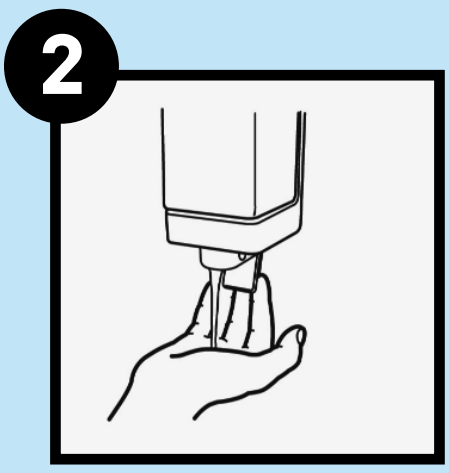
Follow the steps provided for proper handwashing! Make sure to scrub your hands for at least 20 seconds.

What else can you do to protect against germs?

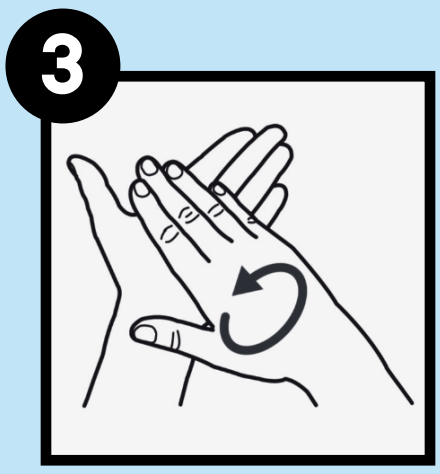
- Use alcohol-based hand sanitizer if soap and water are not available
- Cough or sneeze into a tissue or your sleeve (not your hands)
- Avoid sick people, and stay home from work/school if you are sick



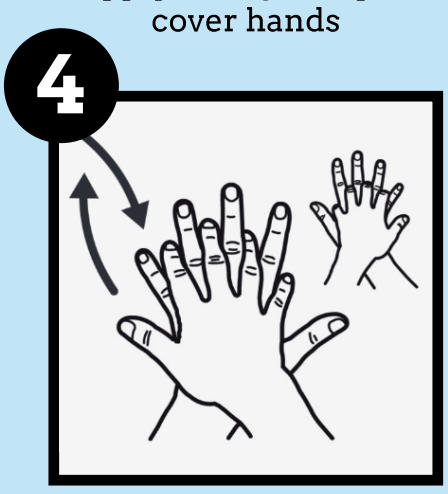
Wet hands with water



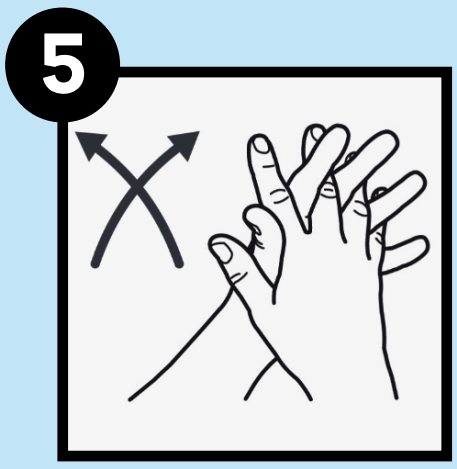
Apply enough soap to cover hands



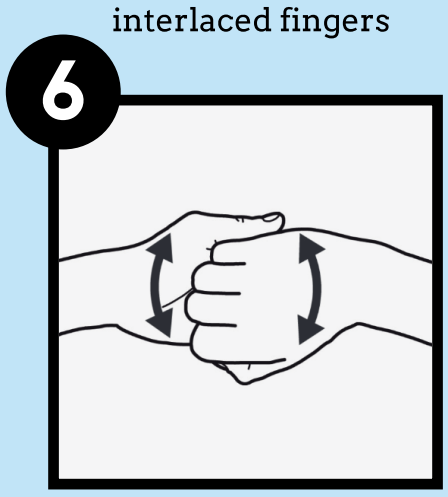
Rub hands palm to palm



Hand over hand with interlaced fingers



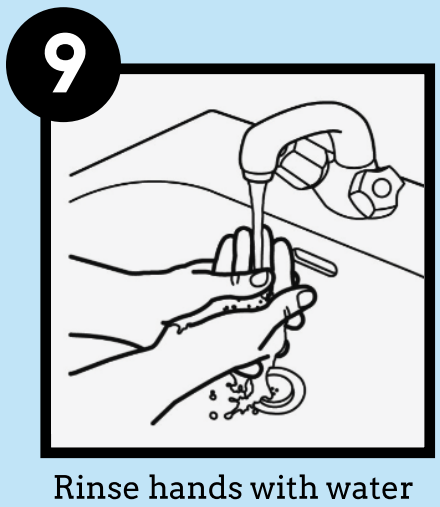
Palm to palm with fingers interlaced



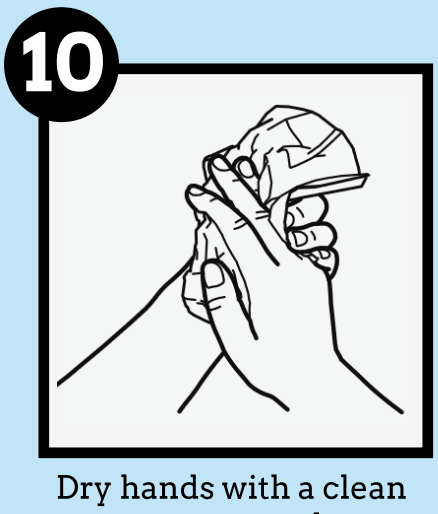
Grip fingers in each hand and rub sideways

Rub each thumb clamped in the opposite hand

Rub fingertips of both hands in opposite palms



Rinse hands with water



Dry hands with a clean paper towel

For more information, check out the CDC website at **www.cdc.gov/handwashing**

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