

YOUR HEALTH IS IN YOUR HANDS

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs from one person to another and throughout an entire community.



- 1 **WET** your hands with clean, running water
- 2 **LATHER** with soap, don't forget between your fingers and under nails
- 3 **SCRUB** for at least 20 seconds
- 4 **RINSE** well under clean, running water
- 5 **DRY** using a clean towel or air dry them

SUTTLESTRAUS[®]

Source: Centers for Disease Control and Prevention

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