

# 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 be healthy.



**Wet** your hands with clean, running water, and apply soap.



**Lather** your hands by rubbing them together with the soap.



**Scrub** your hands for at least 20 seconds.



**Rinse** hands well under running water.



**Dry** hands using a clean towel or air dry them.

LIFE IS BETTER WITH  
**CLEAN  
HANDS**



329459-A

[cdc.gov/handwashing](https://www.cdc.gov/handwashing)

