

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**

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**

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**

