

# Keep Your Hands Clean!

Washing your hands is one of the best ways to prevent spreading germs. Washing your hands with soap and water is the best way to remove germs, but you can also use hand sanitizer that contains at least 60% alcohol.

## How to Wash Your Hands Properly with Soap and Water



1. Wet your hands with clean running water (warm or cold) and apply soap.



3. Scrub your hands for at least 20 seconds.



2. Lather your hands with the soap by rubbing them together, making sure the soap covers the backs of your hands, between your fingers, under your nails and over your wrists.



4. Rinse your hands thoroughly with clean running water.



5. Dry your hands using a clean towel or air dry. Turn off the water with a clean paper towel.

## How to Use Hand Sanitizer



1. Apply the hand sanitizer to the palm of one hand.



2. Lather your hands by rubbing them together, making sure the hand sanitizer covers the backs of your hands, between your fingers, under your nails and over your wrists. Continue rubbing until hands are dry.