

Stay Well

CLEAN HANDS MAKE A DIFFERENCE



1. Wet hands with clean water

2. Lather with soap including backs of hands, under nails, thumbs, and between fingers

3. Scrub for at least 20 seconds, long enough to sing the "Happy Birthday" song twice

4. Rinse hands thoroughly



5. Dry with a clean towel or air dry

Before, during, and after preparing food
Before and after eating food
Before and after caring for someone who is sick
Before and after treating a cut or wound
After using the toilet
After blowing your nose, coughing, or sneezing
After touching an animal, animal feed, or animal waste
After handling pet food or pet treats
After touching garbage

**When
to
wash**



Public Bathroom Breakdown

14% of people skip handwashing all together.

67% don't use soap when hand washing.

Only 3% of people wash their hands effectively for long enough to kill germs.

Be good at handwashing and spread fewer germs!



**HAND
SANITIZER**

Use an alcohol-based hand sanitizer if you don't have access to soap and water.