

# Wash Your Hands

*Healthy & Strong Together*

**Washing your hands with soap and water is always best.**

When you cannot wash your hands immediately, use baby/hand wipes and hand sanitizer.

*Alcohol-based hand sanitizers with >60% alcohol will neutilize germs, but do not remove germs.*

- Before and after eating and handling food
- After using bathroom or diapering
- After blowing your nose, coughing, or sneezing
- Before and after caring for someone who is sick
- After handling pets or garbage
- When coming home from work and play



**Wet hands with water.  
Apply soap.**



**Scrub for 20+ seconds  
or sing ABCs.**



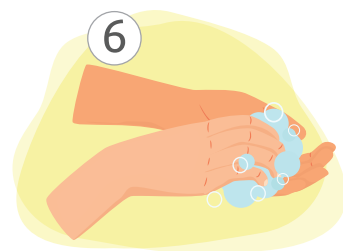
*Palms and back of hands*



*Between fingers*



*Base of thumbs*



*Under nails*



*Wrists*



**Rinse in running water.**



**Dry with clean towel.  
Use towel to turn off faucet  
and open door.**