

# Stop Germs! Stay Healthy! Wash Your Hands

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.



For more details  
on handwashing,  
visit CDC's Handwashing  
Website at  
[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

## When?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used 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

## How?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.



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Centers for Disease Control and Prevention