PulseNet

Series 3

Clean

Department of Health and Human Services

CDC & ATSDR

Clean

Washing your hands is one of the best ways to kill germs and to keep them from spreading. Here's how to clean your hands:

- Wet your hands with warm water and add soap.
- Scrub hands for 30 seconds.
- Rinse hands with warm running water.
- Dry hands with a clean paper or cloth towel.

Remember: If you don't have soap and water, use an alcohol-based hand gel or hand wipe to clean your hands.

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