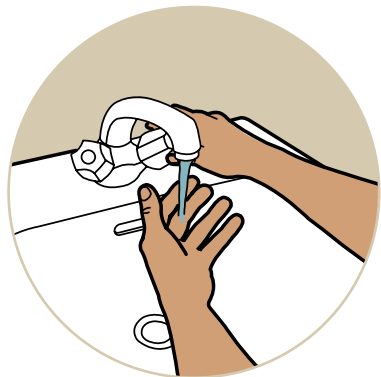


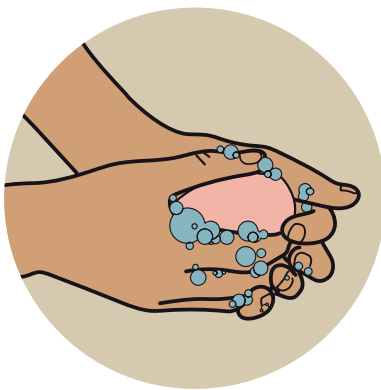
Wash Your Hands

Accessible version: <https://www.cdc.gov/handwashing/index.html>

Washing your hands can protect you and your family from germs.



Wet your hands with water.



Cover your hands with soap.



Scrub all parts of your hands and fingers.



Rinse soap off of your hands with water.



Dry your hands completely.

When to wash your hands

- Before eating food
- Before and after caring for someone who is sick
- Before touching your eyes, nose, or mouth
- After using the toilet
- After changing diapers or cleaning a child who has used the toilet
- After blowing your nose, coughing, or sneezing

