



Clean

Department of Health and Human Services



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:

- o Wet your hands with warm water and add soap.
- o Scrub hands for 30 seconds.
- o Rinse hands with warm running water.
- o 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.