## **STOP GERMS! WASH YOUR HANDS**

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



**Wet** your hands with clean, running water, and apply soap.



**Lather** your hands by rubbing them together with the soap.



**Scrub** your hands for at least 20 seconds.



**Rinse** hands well under running water.



**Dry** hands using a clean towel or air dry them.





