

Clean Hands Stay Healthy

It's cold and flu season! Keeping hands clean through improved hand hygiene is **one of the most important steps** we can take to avoid getting sick and spreading germs to others.

Many diseases and conditions are spread by not washing hands with soap and clean, running water.

If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

Wet your hands with clean, running water (warm or cold) and apply soap.

Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.

Continue rubbing your hands for at least 20 seconds. Need a timer? Hum "Happy Birthday" from beginning to end twice.

Rinse your hands well under running water.

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

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