



Follow Five Steps to Wash Your Hands the Right Way

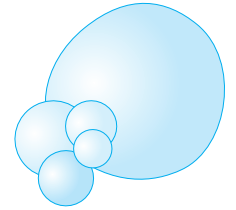
Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air-dry them.

<https://www.cdc.gov/healthywater/hygiene/hand/handwashing.html>

WASH WASH WASH YOUR HANDS



(To the tune of Row, Row, Row Your Boat)

Wash, wash

Wash your hands

Wash them nice and clean.

Scrub them here

(with hand motion scrubbing together)

Scrub them there

(with hand motion scrubbing tops of hands)

And scrub them in between

(with hand motion scrubbing between fingers)

Wash, wash, wash, your hands

Play our handy game

Rub and scrub, scrub and rub

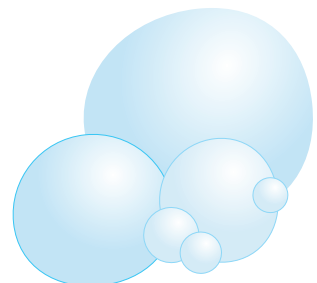
Germs go down the drain, HEY!

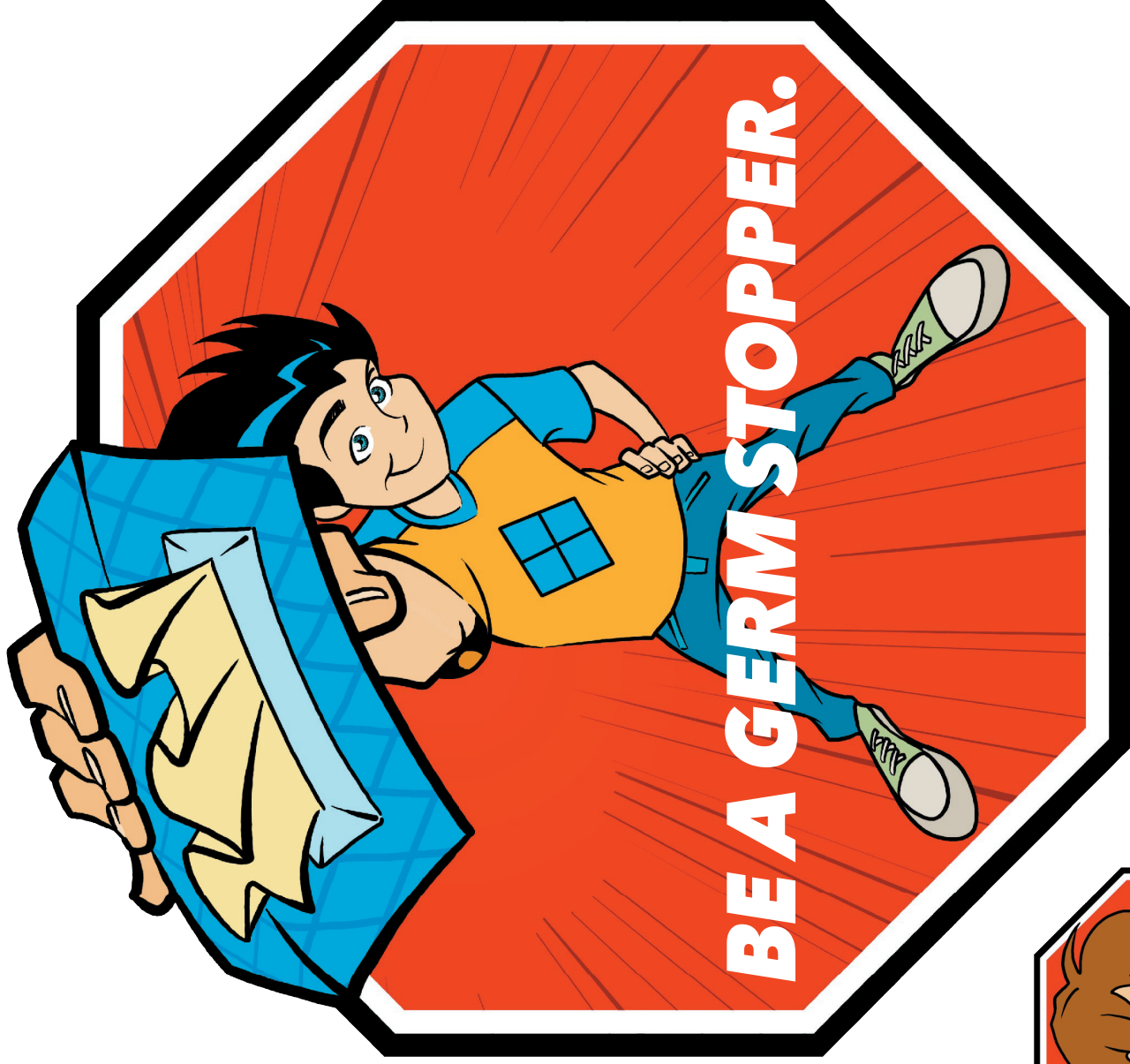
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Germs go down the drain, HEY!





COVER MOUTH & NOSE



CLEAN HANDS

Cover Coughs and Sneezes. Clean Hands.

Be a germ stopper at school—and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away. Clean your hands a lot

- After you sneeze or cough
- After using the bathroom
- Before you eat
- Before you touch your eyes, mouth or nose

Washing hands with soap and water is best. Wash long enough to sing the “Happy Birthday” song twice. Or, use gels or wipes with alcohol in them. This alcohol kills germs!

Stop germs. And stop colds and flu.

www.cdc.gov/germstopper

