20%–20 SECONDS

You remove more germs if you wash your hands for at least 20 seconds.

How Germs Get Around
Mist and aerosol bacteria spread.

Germs transfer from Mr. McLean’s hands to the doorknob.

Christmas trees and Santa.

Germs get onto Chris’s hands.

Chris rubs his eyes.

Avoid Contaminated Surfaces

<table>
<thead>
<tr>
<th>Germs can hide on these items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tables &amp; Countertops</td>
</tr>
<tr>
<td>Shopping Carts</td>
</tr>
<tr>
<td>Gas Pumps</td>
</tr>
<tr>
<td>Doorknobs &amp; Doorplates</td>
</tr>
<tr>
<td>Stock/Credit Card Terminals</td>
</tr>
</tbody>
</table>

3 Steps to Clean Hands

1. WET your hands with warm or cold running water. Then rub your hands vigorously for 20 seconds.

2. LATHER your hands with soap. Don’t forget the back of your hands, between your fingers, and under your nails.

3. RINSE your hands with running water.

4. DRY off with a clean towel or air dry. Blow dry to turn off the faucet.

5. APPLY alcohol-based hand sanitizer if soap and water are not available.

Hand sanitizer doesn’t replace soap, but it is a good alternative to handwashing.

Tips

- Use hand sanitizer if you don’t have soap and water.
- Hand sanitizer doesn’t remove all germs, but it is a good alternative to handwashing.

Hand Sanitizer: 20%–20 SECONDS

Put hand sanitizer in the palm of your hand, use enough to cover both hands.

- Rub sanitizer all over your hands until they are dry and no alcohol is noticeable on your hands.
- Don’t wipe off hand sanitizer—let it dry in effect.

6. Clean areas that come in contact with your hands.

7. Always wash your hands when preparing food.

What about Gloves?

- Wear gloves when cleaning and caring for sick people.
- Wash gloves before and after handling sick individuals.
- Allow gloves to air out between uses.
- Remove gloves before touching clean surfaces.

Don’t use gloves to prevent transmission of germs.