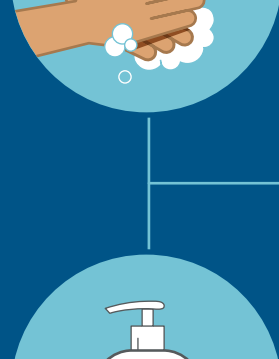


Protect Yourself

# KEEP YOUR HANDS CLEAN



Wash your hands often.



Use hand sanitizer with at least 60% alcohol if you can't wash your hands.



Handwashing reduces respiratory illness by about 20% —Centers for Disease Control and Prevention

# 20% 20 SECONDS

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

## How Germs Get Around

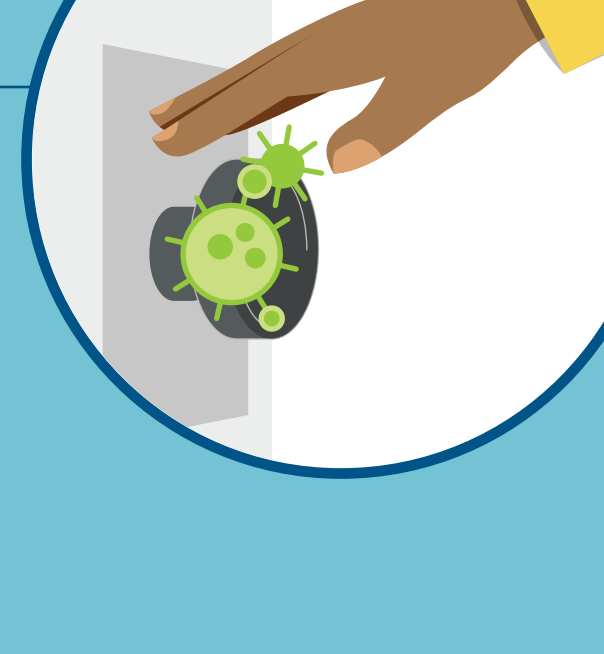


Mia sneezes and touches a doorknob.

Germs transfer from Mia's hands onto the doorknob.

Chris touches the doorknob. Germs get onto Chris's hands.

Chris rubs his eyes.



## Avoid Contaminated Surfaces

Germs can live on surfaces for hours.



Shopping Carts



Smartphones & Tablets



Doorknobs



Tables & Countertops



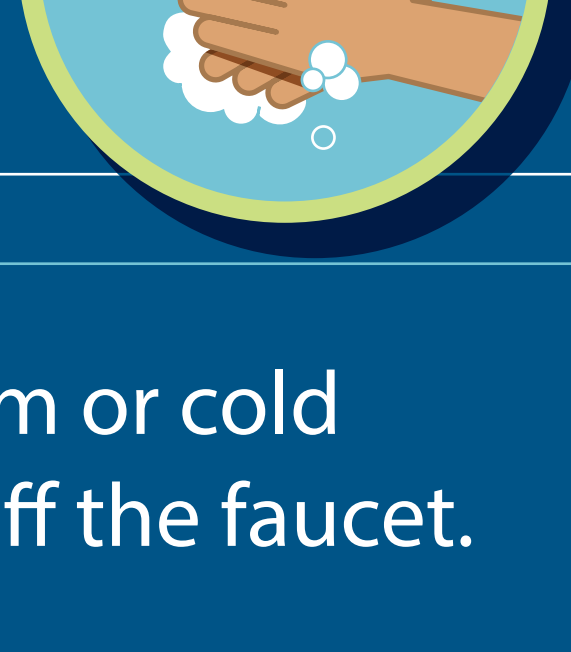
Gas Pumps



Store Credit Card Terminals

## 5 STEPS TO CLEAN HANDS

Soap and scrubbing remove germs.



**1** **WET** your hands with warm or cold running water. Then turn off the faucet.

**2** **LATHER** your hands with soap. Don't forget the backs of your hands, between your fingers, and under your nails.

**3** **SCRUB** for 20 seconds. Sing the "Happy Birthday" song twice to get rid of all those germs.  
*Note: 20 seconds might feel like a long time at first.*

**4** **RINSE** your hands with running water.

**5** **DRY** off with a clean towel or air dry. Use a towel to turn off the faucet.



## ELBOW GREASE

Cough or sneeze into your elbow. It keeps most germs off of your hands and out of the air—but still wash your hands.



Use hand sanitizer if you don't have soap and water

Hand sanitizer doesn't remove all germs, but it's a good alternative to handwashing.

### TIPS

Use hand sanitizer with at least 60% alcohol.

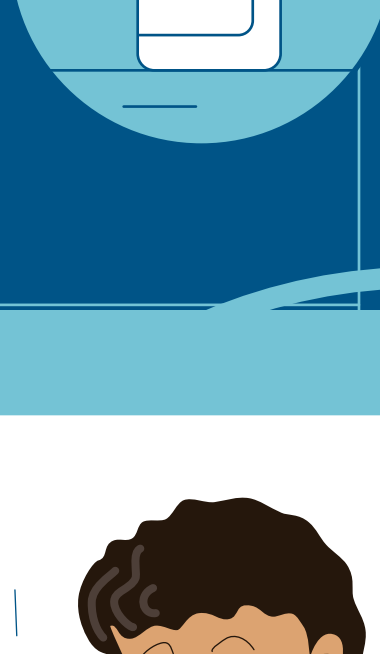
Take hand sanitizer with you when you leave your house.

## HAND SANITIZER: 3 STEPS

**1** **Put hand sanitizer** in the palm of your hand. Use enough to cover both hands.

**2** **Rub** sanitizer all over your hands until they are dry—about 20 seconds.

**3** **Don't wipe off hand sanitizer**—that will reduce its effectiveness.



### What about gloves?

Wear gloves when cleaning and caring for sick people.

Wash your hands before and after you wear disposable medical gloves.

Throw away gloves as soon as you take them off.

Don't reuse gloves.

Don't wear gloves to run errands—they could spread germs.

