

Fighting Germs

When Should You Wash Your Hands?

- Before, during and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal feed or animal waste
- After handling pet food or pet treats
- After touching garbage

Fight Germs by Washing Your Hands!



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. Be sure to 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.

For More Information Visit: [cdc.gov/features/handwashing](https://www.cdc.gov/features/handwashing)

