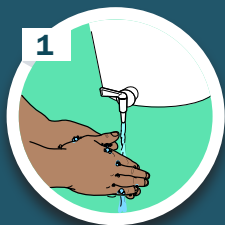


WHEN AND HOW TO CLEAN HANDS

Wash hands with soap and water for at least 20 seconds. Use the cleanest water available to you. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

HOW TO WASH HANDS WITH SOAP AND WATER



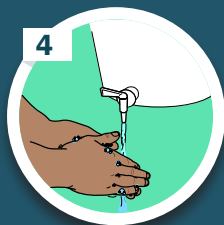
1
Wet hands with water.



2
Apply soap.



3
Rub hands together to cover all surfaces and scrub hands for 20 seconds.



4
Rinse hands with **clean** water.



5
Dry hands completely using a clean single-use towel or air dry.

HOW TO USE ALCOHOL-BASED HAND SANITIZER



1
Apply sanitizer to hands.



2
Rub hands together to cover all surfaces of hands.



3
Rub hands together until dry.

WHEN TO USE EACH METHOD

Key Times

Water and Soap

Before, during, and after preparing food

After using the bathroom or changing diapers

When hands are visibly dirty or greasy

Hand sanitizer or water and soap

Before eating

After blowing your nose, coughing, or sneezing

Before or after caring for someone who is sick



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention