

# Hand Hygiene!

**Hand Hygiene** reduces germs on your hands which makes it less likely that you will infect yourself when touching your eyes, nose, and mouth. It also makes it less likely you will spread germs to others!

## Hand Washing



Wet hands with clean water, and **put soap on hands.**



Rub hands to get soap on all areas.  
Rub hands together for **20 secs.**



**Rinse hands** with clean water, and dry with a towel or air dry.

## Hand Sanitizer



Put at least **60% alcohol hand sanitizer** in palm and rub hands together.



Rub all areas of hands until sanitizer is **dry.**



Do **not** dry hands with a towel.