

If you can't wash your hands, use an alcohol-based hand sanitizer with at least 60% alcohol.



Hands that look clean can still have icky germs!



**1 Wet**



**2 Get Soap**



**3 Scrub**

for at least 20 seconds  
(sing 'Happy Birthday' twice)



**4 Rinse**



**5 Dry**

Always wash your hands if they're visibly dirty, after going to the bathroom, before eating and after blowing your nose, coughing or sneezing.



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