Germs are everywhere!

You can stop germs from spreading by washing your hands:

- when your hands are dirty
- before eating or cooking
- after using the bathroom
- after blowing your nose or coughing
- after touching pets or other animals
- before and after visiting a sick relative or friend
- after playing outside
- especially during flu and cold season

Hand washing steps:

1. **WET** your hands with clean water.
2. **SOAP** up your hands.
3. **SCRUB** your hands front and back, between your fingers, and under your nails for at least 20 seconds.
4. **RINSE** your hands with clean water.
5. **DRY** your hands using a clean towel or air dry them.