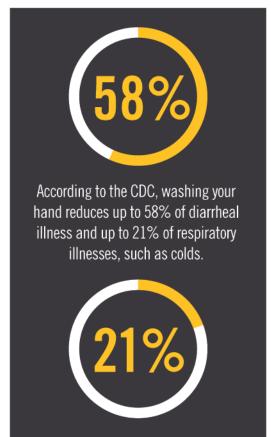


## **Clean Hands Save Lives**

Handwashing is like a "do-it-yourself" vaccine. It involves **five simple and effective steps** (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. **Regular handwashing**, particularly before and after certain activities, is one of the **best ways to remove germs, avoid getting sick, and prevent the spread of germs to others**. It's quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs.

Learn more about when and how to wash your hands, the importance of using soap and water, and what you can do if soap and clean, running water are not available. Whether you are at home, at work, traveling, or already sick, find out how good hand hygiene can protect you, your family, and others.<sup>1</sup>

<sup>1</sup>Centers for Disease Control and Prevention. (2016, January). cdc.gov. Retrieved October 26, 2016, from Handwashing: Clean Hands Save Lives. http://www.cdc.gov/handwashing/



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