

# Wash your hands

to stop the spread of germs

- 1 **Wet** hands and apply soap
- 2 **Lather** by rubbing hands together
- 3 **Scrub** for at least 20 seconds
- 4 **Rinse** in running water
- 5 **Dry** with a clean towel



Be sure to wash the backs of your hands, between your fingers, and under your nails!

 **APHC**  
ARMY PUBLIC HEALTH CENTER  
More Information: [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

TA-081-0815