**black infant health**
Empowering Pregnant and Mothering Black Women

blackinfanthealth.org

# Stop Germs! Wash Your Hands.

***Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.***

## WHEN?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

## HOW?

**WET** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

**LATHER** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

**SCRUB** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

**RINSE** hands well under clean, running water.

**DRY** hands using a clean towel or air dry them.

**For more information, visit** www.cdc.gov/handwashing