

# CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



# BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



# KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



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1

An illustration of a person's hands being washed under a blue faucet in a white sink. To the right, a blue soap dispenser is shown dispensing purple soap onto a hand.

**Wet** your hands with clean running water and apply soap

2

An illustration showing three different ways to rub hands together: palm to palm, back of hand to palm, and fingers interlaced.

**Lather** your hands by rubbing them together with soap. Lather the backs of your hands between your fingers and under your nails.

3

An illustration of two hands being scrubbed together, with fingers and palms in contact.

**Scrub** your hands for approximately 20 seconds.

4

An illustration of hands being rinsed under a blue faucet in a white sink.

**Rinse** your hands under clean running warm water.

5

An illustration of hands being dried with a yellow paper towel.

**Dry** your hands using a clean towel or air dry them.