WASH UP: Use hot water and soap. Rub your hands together for 20 seconds or more. Rinse. Dry with a paper towel. Use the towel to turn off the faucet. Keep an alcohol-based sanitizer for times you can’t wash.

Proper handwashing prevents the spread of cold and flu viruses, diarrhea, food poisoning, etc.

How clean are your hands right now? Are you sure?