Keep Germs Away Every Day

HAND HYGIENE: A simple way to stay healthy at school, at work, and at home! According to the Centers for Disease Control and Prevention, the single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands.

Good Hand Hygiene is Critical

- When preparing food
- Before meals and snacks
- After using the restroom
- After touching animals
- When hands are dirty
- When you or someone around you is ill

KEEP GERMS AWAY DURING COLD AND FLU SEASON

1. Wash your hands with soap and warm water, scrubbing for 20 seconds
2. When you are on the go and soap and water are not available, use wipes or hand sanitizers available in gel or foam

Clean Hands Save Lives

The American Cleaning Institute is a proud member of the Clean Hands Coalition. For more information about hand hygiene, visit www.cleaninginstitute.org/cleanhands