



**1 IN 3 ADULTS
DON'T WASH THEIR
HANDS AFTER USING
THE BATHROOM.**

GROSS

DON'T BE GROSS. WASH YOUR HANDS.

Proper handwashing helps prevent the spread of diseases like the flu and E. coli, and it only takes 20 seconds to do it right!

- 1. Get your hands wet**, then turn off the faucet.
- 2. Scrub with soap for 20 seconds.** It's worth it to avoid weeks of illness! Don't forget to clean between your fingers, under your nails and the backs of your hands.
- 3. Rinse** with the water running.
- 4. Dry off** with a clean towel or shake your hands dry.

Did you know?

Washing without soap leaves lots of germs behind.

Bathroom germs aren't the kind you want hanging out on your hands!

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