

# Handwashing for Your Health

The CDC recommends washing your hands with soap and water for **20 seconds** to remove harmful germs. So take a little time to wash your hands and help yourself stay healthy.

And follow these simple tips to help prevent the spread of illness:



**Avoid touching your eyes, nose or mouth  
with unwashed hands**



**Avoid contact with people who are sick**



**Stay home when you are sick**



**Cough or sneeze into a tissue or your sleeve**