

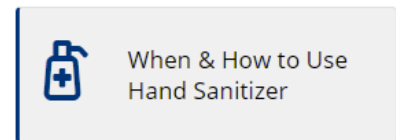
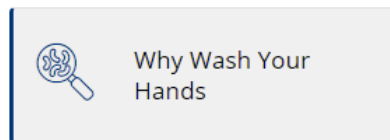
Handwashing

Handwashing is one of the single most important steps we can take to avoid getting sick and spreading germs to others. Many germs and illnesses are spread by not washing hands with soap and clean, running water.

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others. The guidance that the CDC provides for effective handwashing and use of hand sanitizer was developed based on data from a number of studies. Please click on the links below to see what the CDC says about each specific topic!



Handwashing is an important skill that begins at home and an activity that can [keep families healthy](#):

- Parents and caregivers can help by teaching effective handwashing
- Providing reminders to wash hands
- Role modeling effective handwashing.

For further information, please watch:



If you would like to listen to information on handwashing, select the links below:

[Handwashing: Why It's So Important](#)

[Why do I need to wash my hands?](#)