



Clean Hands Stop Germs!

Germs are everywhere. They naturally live in our bodies and on our skin. Some germs help us stay healthy; other germs can cause serious illness.

Keeping your hands clean is the best way to avoid picking up bad germs or sharing them with others when you are at home, in a store or business office, or when visiting a hospital or doctor's office.

Health-care providers regularly clean their hands before and after seeing patients. They make it a habit to use soap and water or an alcohol-based hand gel to avoid spreading germs.

Tips to stop germs

- When you arrive and before you depart your doctor's office, take a moment to visit the restroom and wash your hands thoroughly.
- When visiting friends and family members in the hospital, wash your hands before entering the patient's room. Some hospital rooms will have a hand sanitizer dispenser in the room. Use it frequently.
- Always wash your hands before eating and after using the bathroom.
- Help your children remember to wash their hands, too.



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