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