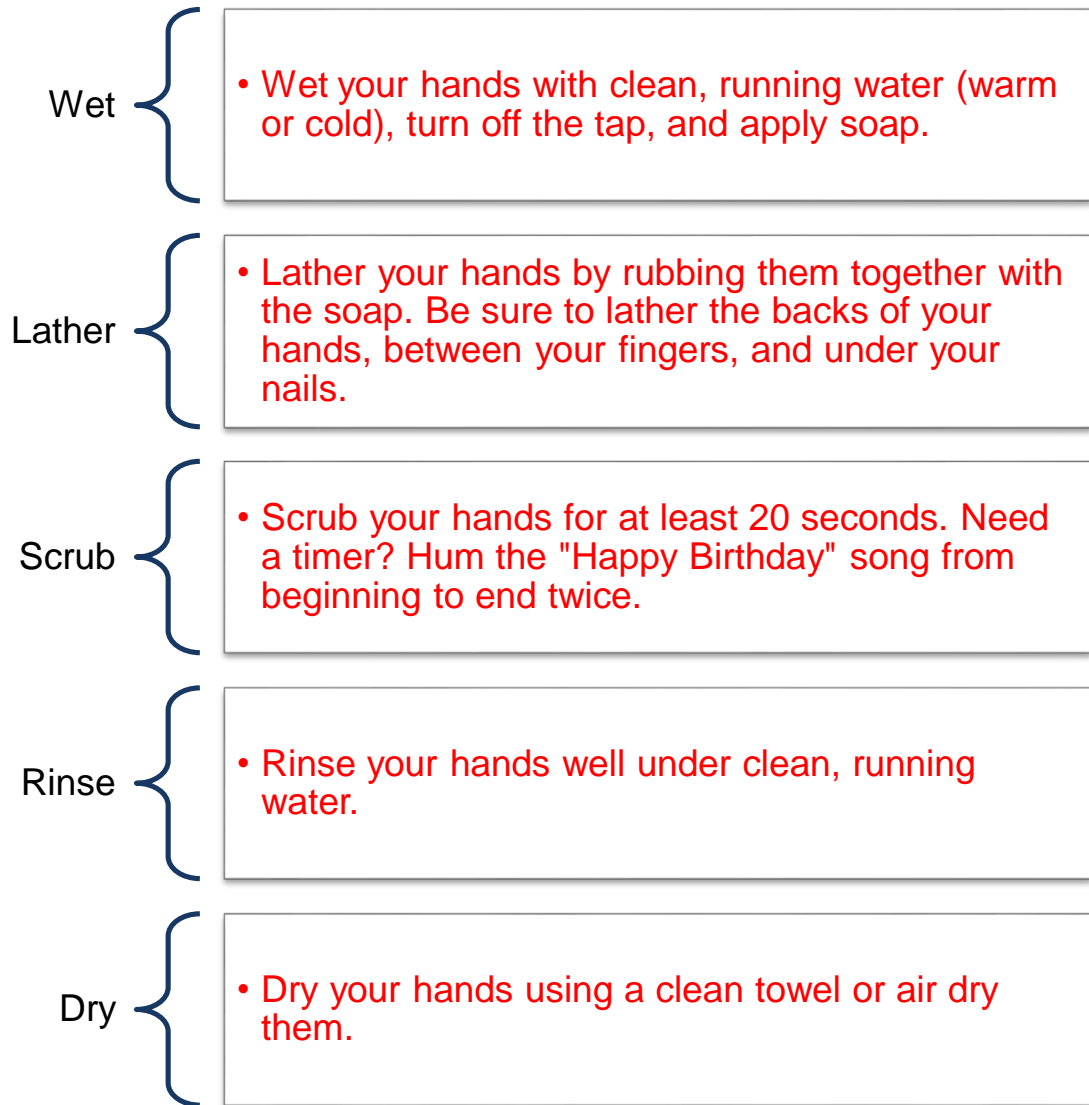


# The Science of Handwashing (Key)

The Centers for Disease Control (CDC) recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others. Click on the link to find the steps.

<http://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>



**What should you do if you don't have soap and clean, running water?**

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do **NOT** eliminate all types of germs.

Source: Centers for Disease Control  
Show Me the Science - How to Wash Your Hands  
<http://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>