

# The Science of Handwashing

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>

Wet



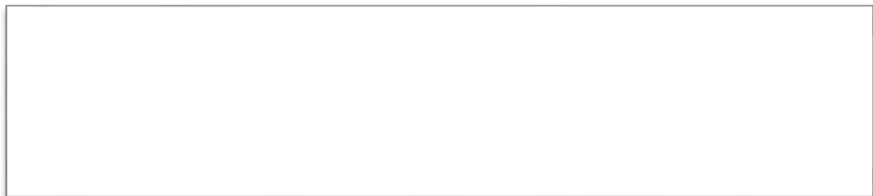
Lather



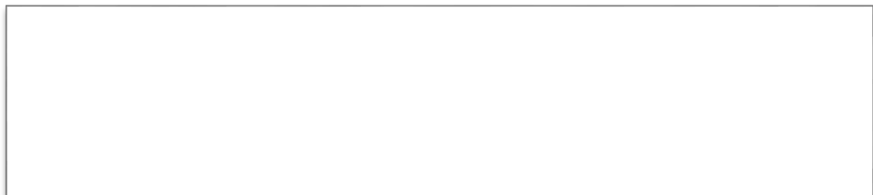
Scrub



Rinse



Dry



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

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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>