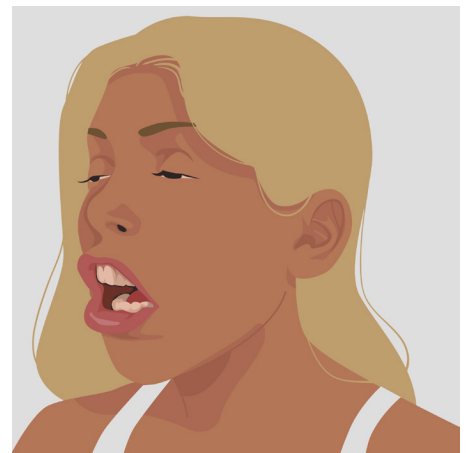
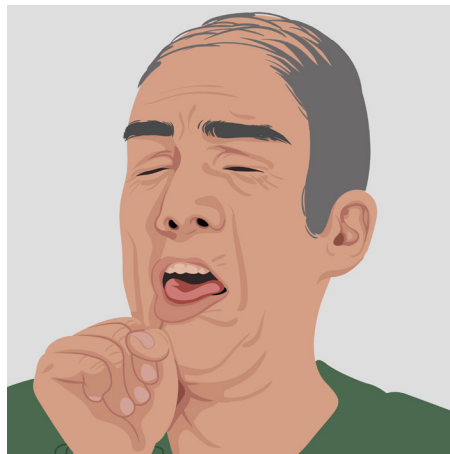
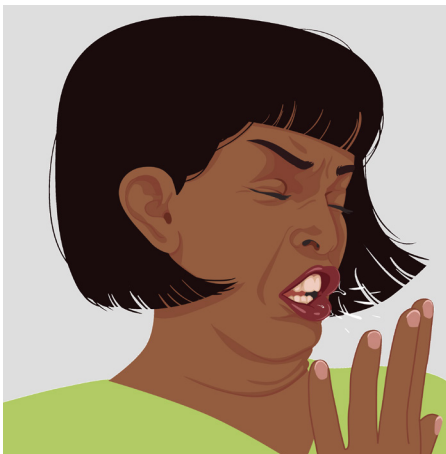
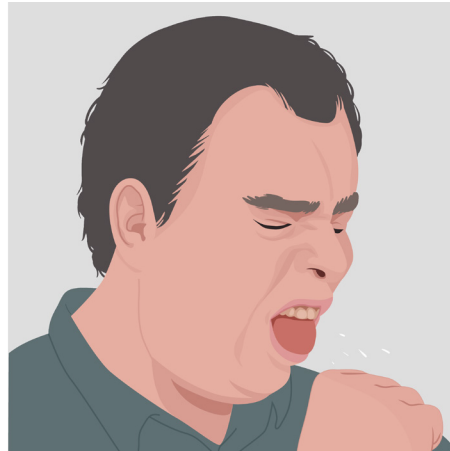


# Spreading germs is OUT. Handwashing is IN!



Handwashing is one of the most important things we can do to avoid getting sick and spreading germs to others.



Centers for Disease  
Control and Prevention  
National Center for Emerging  
and Zoonotic Infectious Diseases

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)