

The Soap and Detergent Association and Industry

# NATIONAL Celebrates Clean Hands Week

**HAND HYGIENE:** A simple way to stay healthy at school, at work, and at home! According to the Centers for Disease Control and Prevention, the single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands.

## EASY WAYS TO KEEP THE GERMS AWAY

1

Wash your hands with soap and warm water, scrubbing for 20 seconds

2

When you are on the go and soap and water are not available, use wipes or hand sanitizers available in gel or foam

## Good Hand Hygiene is Critical



When preparing food



Before meals and snacks



After using the restroom



After touching animals



When hands are dirty



When you or someone around you is ill



The Soap and Detergent Association  
1500 K Street, NW, Suite 300  
Washington, DC 20005  
[www.cleaning101.com](http://www.cleaning101.com) [info@cleaning101.com](mailto:info@cleaning101.com)

Clean Hands Save Lives