

# Handwashing

Washing hands prevents the spread of respiratory and diarrheal infections.



**Germs can be spread by:**

- Touching your eyes, nose, and mouth with unwashed hands
- Preparing or eating food and drinks with unwashed hands
- Touching surfaces or objects that have germs on them
- Blowing your nose, coughing, or sneezing into hands and then touching other people's hands or common objects

**Handwashing with soap and water is one of the best ways to stay healthy.**

For more information visit: [shorturl.at/shortener.php](http://shorturl.at/shortener.php)

