Everyone, especially young children, older individuals, and people with weakened immune systems

WHEN

**Always Wash Hands:**
- After touching animals or their living area
- After leaving the animal area
- After taking off dirty clothes or shoes
- After going to the bathroom
- Before preparing foods, eating, or drinking

HOW

- Wet your hands with clean, running water
- Apply soap
- Rub hands together to make a lather and scrub well, including backs of hands, between fingers, and under fingernails
- Rub hands at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice
- Rinse hands
- Dry hands using a clean paper towel or air dry them. Do not dry hands on clothing

For more information, visit CDC’s Healthy Pets, Healthy People website (www.cdc.gov/healthypets) and CDC’s Handwashing website (www.cdc.gov/handwashing).