

# Clean Hands Save Lives

**Wash your hands to  
stop germs and stay healthy!**



**Scrub your hands with soap and water for at least 20 seconds:**

- ◆ After you use the bathroom
- ◆ Before handling and eating food
- ◆ Frequently throughout the day

**For more information visit:  
[cdc.gov/handwashing](http://cdc.gov/handwashing)**



  
**LIVE WELL  
SAN DIEGO**  
[LIVEWELLSD.ORG](http://LIVEWELLSD.ORG)