Keeping your hands clean is one of the most important ways of preventing the spread of infection and illness.

- Wash your hands after blowing your nose, coughing, sneezing, handling an animal or animal waste, handling garbage, and before and after treating a cut or wound.
- Hand washing significantly prevents infection and illness from spreading between person to person.

**When washing with soap and water:**
- **Wet** your hands with clean running water and apply soap.
- **Lather and rub** hands for 15-20 seconds.
- **Rinse.**
- **Dry** hands with air dryer or paper towel. Use paper towel to turn off faucet if possible.

**When using alcohol-based hand sanitizer:**
- **Apply** product to one palm of hand.
- **Rub** hands and fingers together until dry.

Visit [wellness.uci.edu](http://wellness.uci.edu) to learn more about stopping the spread of germs.