

# MCLB ALBANY SAFETYGRAM

Washing Your Hands is Vital to Stopping the Spread of Germs

**1 Wet**

**2 Get Soap**

**3 Scrub**

**4 Rinse**

**5 Dry**

Hands that look clean can still have icky germs!

**WASH YOUR HANDS!**

U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention



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