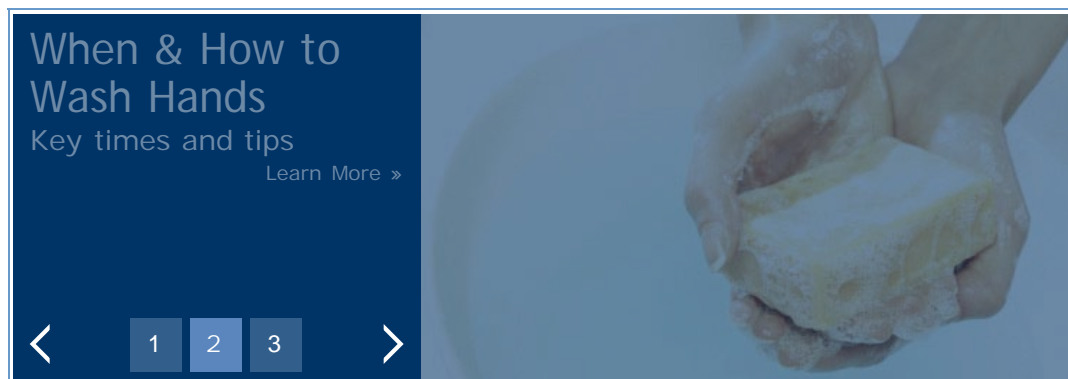




# Handwashing: Clean Hands Save Lives



Handwashing is like a "do-it-yourself" vaccine—it involves five simple and effective steps (think Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

Learn more about when and how to wash your hands, the importance of using soap and water, and what you can do if soap and clean, running water are not available. Whether you are at home, at work, traveling, or already sick, find out how good hand hygiene can protect you, your family, and others. [More...](#)

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## Contact Us:

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## Handwashing Topics

**When & How to Wash Your Hands**  
When and how to wash hands and use hand sanitizer...

**Show Me the Science**  
Data behind why and how to wash hands...

**Health Promotion Materials**  
Videos, posters, podcasts, social media, and more...

**Training & Education**  
Classroom lessons and activities, learning tools and materials...

**Publications, Data, & Statistics**  
Articles, references...

**Our Partners**  
Links to our handwashing partners around the world...

## Featured Activities



**Hand Hygiene in Healthcare Settings:** This site provides healthcare workers and patients with a variety of resources and materials.



**Water-related Hygiene:** Hygiene refers to behaviors that can improve cleanliness and lead to good health, such as frequent hand washing, face washing, and bathing with soap and water.



**Hand Hygiene to Help Prevent Flu:** Good health habits for preventing seasonal flu include proper handwashing to help stop the spread of germs at home, work, and school.



**Hand Hygiene During an Emergency:** During and after an emergency, it can be difficult to find running water.



**Hand Hygiene Aboard Ships:** Good hand hygiene is one of the most critical control strategies in outbreak management on board ships and cruises.



**Handwashing & Other Health-Promoting Activities:** Individuals and communities can take everyday preventive actions and other measures (known as "nonpharmaceutical interventions") to keep people from getting sick.

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