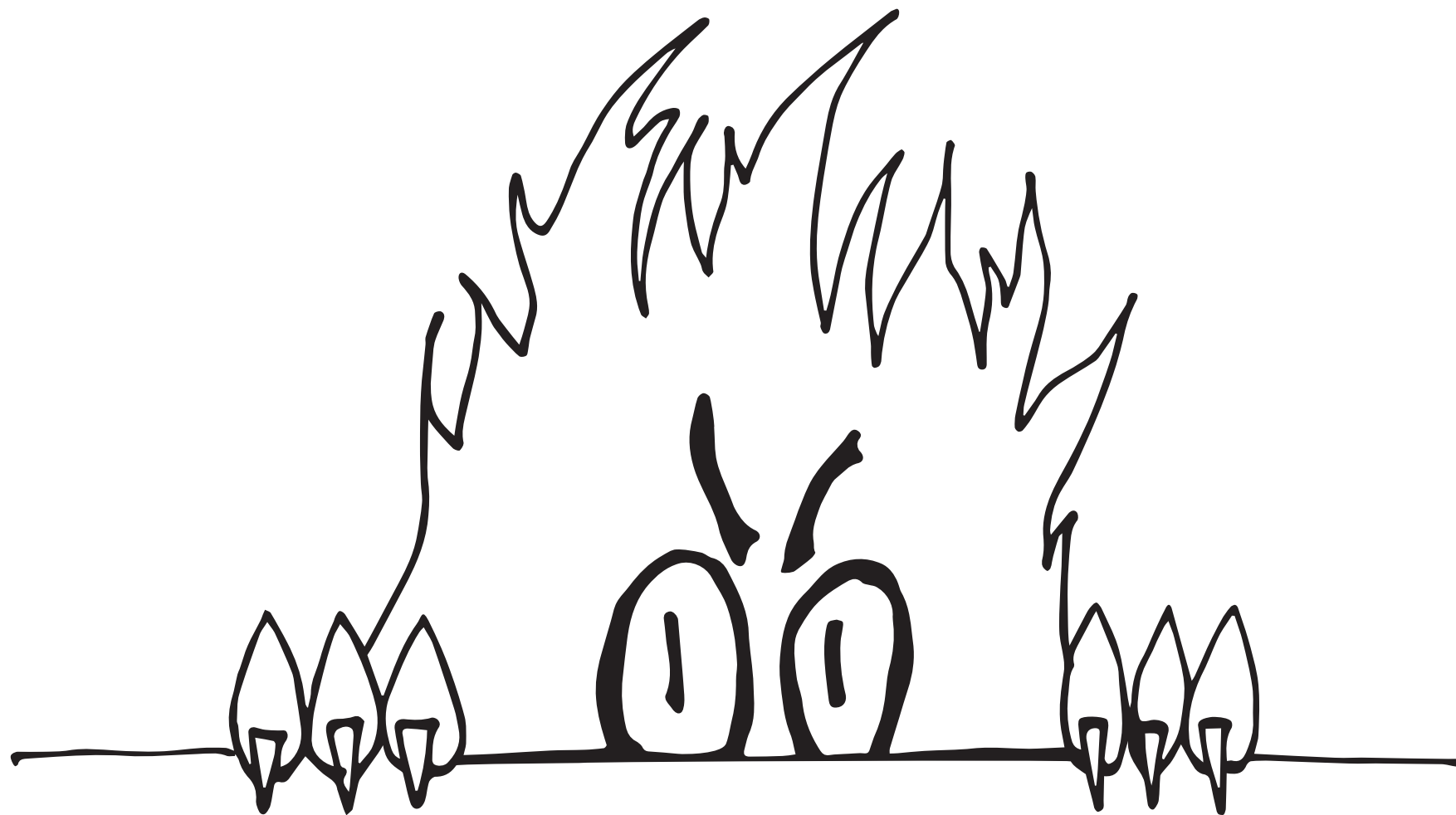# Clean your hands and nobody gets hurt.



**Keeping your hands clean is the number one way to prevent the spread of germs. Clean your hands regularly with soap and water or use hand sanitizer often to stop the spread of infection.**

Learn more:  **www.apic.org/infectionpreventionandyou**

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