

**DISAPPOINTED  
MOTHERS &  
THE CDC AGREE:**

# wash your damn hands.

Common sense is the practical approach to combating illness. The best way to help prevent the spread of any virus is through the practice of everyday, healthy habits. Wash your hands often with soap and water for at least 20 seconds, especially after using the restroom, before eating and after blowing your nose, coughing or sneezing. Wash your hands often with soap and water for at least 20 seconds, especially after using the restroom, before eating and after blowing your nose, coughing or sneezing.

**FOR MORE  
INFORMATION,  
VISIT [CDC.GOV](https://www.cdc.gov).**