



America's Most Trusted Hand Soap

Sources: 1. National Center for Preparedness, Detection, and Control of Infectious Diseases (NCPD/CID) and National Center for Zoonotic, Vector-Borne, and Enteric Diseases (NCZVED), <http://www.cdc.gov/CDCTV/HandsTogether/>

2. "Body and Mind, BAM!" CDC website - http://www.bam.gov/sub_yourbody/yourbody_buzzonscuzz.html/

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Softsoap[®]
brand

Lather Up for
Good Health[®]



Lather Up for Good Health®

Wash your hands before: ²

- Handling food and eating
- Treating a scrape, cut or wound
- Tending to someone who is ill
- Handling contact lenses

Wash your hands after: ²

- Going to the bathroom
- Blowing or wiping your nose with a tissue
- Covering your mouth/nose when you cough or sneeze
- Preparing food
- Playing with pets and animals
- Being around someone who is ill

Many cases of cold, flu and foodborne illness are spread by unclean hands.

Scientists estimate that people are not washing their hands often or well enough, and may transmit up to 80% of all infections by their hands.¹



Using soap when washing hands is more important than you think! Your skin naturally produces oils that germs can stick to. Soap helps to break down that oil, which makes it harder for germs to stay on your hands.²

How should I wash my hands?



Wash your hands for **20 seconds** (with soap and clean water). It's the best way to prevent infection and illness.²



Use warm running water and soap.



Scrub all hand surfaces for 20 seconds.



Rinse well.



Dry with a clean towel.



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