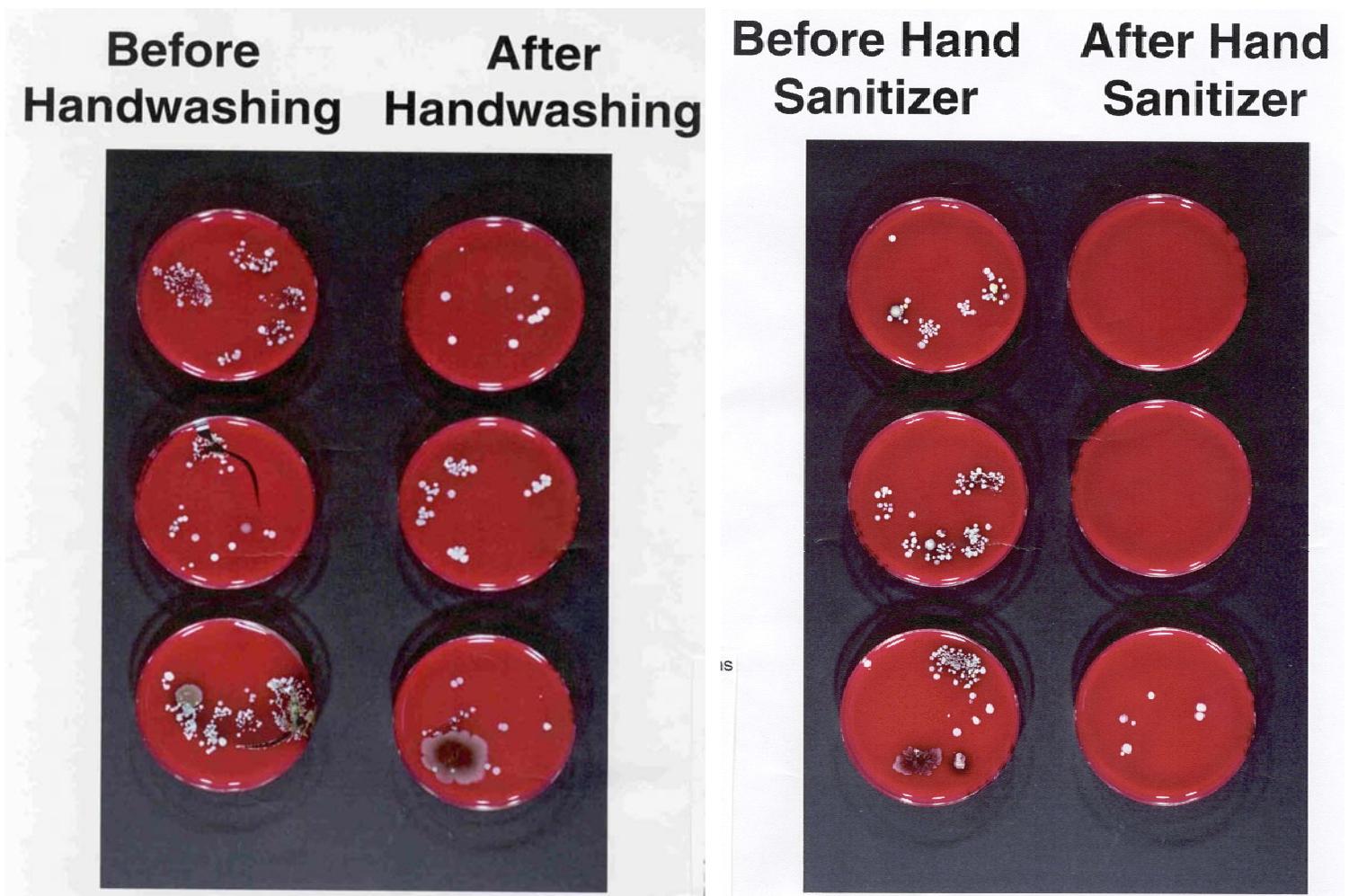


To halt germ transmission,  
CDC recommends:

# *Wash soiled hands* *Otherwise, sanitize!*



*Actual Petri dish cultures of the hands of three adults:*

*Left, before and after hand washing*

*Right, before and after alcohol-based hand sanitizer*

**The CDC recommends:**

*When your hands are visibly dirty or have secretions on them, wash them thoroughly with soap and water. Otherwise, use alcohol-based hand gel for sanitation between contacts.*