



# LEAD BY EXAMPLE

Wash your hands and  
teach kids to scrub  
hands for at least  
**20 SECONDS.**

LIFE IS BETTER WITH

**CLEAN  
HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



OKLAHOMA  
State Department  
of Health



**THD**  
TULSA HEALTH  
Department

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.