Just because you can’t see germs doesn’t mean they aren’t there.

Clean your hands regularly, especially after touching these (germiest) items:

- Restaurant menus
- Cell phones
- Sign-in pens
- Elevator buttons
- Door knobs
- Shopping carts

Washing hands with soap and water is the best way to reduce the number of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.