

# 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.

