



# Get the upper hand.

Washing your hands with soap and warm water can do more than just keep your hands clean. It can help keep you from catching [colds](#) and the [flu](#) and from spreading them to your friends and family. Washing your hands can even help prevent [food poisoning](#).

If you can't wash up, use alcohol-based wipes or [gel hand sanitizers](#). It's easy to keep them handy in your car, your purse, or a pocket.

Remember, being hands-on about hand cleanliness can help keep you and everyone around you from getting sick. Visit [kp.org/handwashing](http://kp.org/handwashing) for more information and helpful tips.

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