



HandHygiene

Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and warm, clean running water for at least 20 seconds. However, if soap and water are not available, use an alcohol-based hand sanitizer to clean your hands.

When washing hands with soap and water:

- Wet your hands with warm, clean running water and apply soap.
- Rub hands together to make a lather, and scrub all surfaces for at least 20 seconds.
- Rinse hands well under running water, and dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.

When should you wash your hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound

Fact at Hand...

People don't always wash their hands after using the bathroom. Ninety-one percent of adults say they always wash their hands after using public restrooms, but only about 80 percent do after using the bathroom at home. Germs are germs, and a bathroom is a bathroom – you should ALWAYS wash your hands!