

Hand Washing (1of2)

Germs like bacteria, viruses, and parasites are found everywhere. They can be in the air and water, and they can be on surfaces like food, door handles, and your skin. Every day, your hands come into contact with germs. Many of which can make you and your family sick. Washing your hands is one of the best ways to lower your risk of getting and sharing germs.

You Should Wash Your Hands Whenever You Think They Are Dirty!

You should also wash your hands:

Before and After:

- ▶ Preparing food.
- ▶ Preparing a bottle for a baby.
- ▶ Feeding a baby or young child.
- ▶ Eating.
- ▶ Visiting or taking care of someone who is sick.
- ▶ Changing a diaper.
- ▶ Changing a bandage (*dressing*).
- ▶ Taking care of an injury or wound.
- ▶ Giving or taking medicine.

After:

- ▶ Using the bathroom.
- ▶ Cleaning a child who has gone to the bathroom
- ▶ Sneezing, coughing, or blowing your nose.
- ▶ Touching an animal, animal feed, or animal waste.
- ▶ Working or playing outside.
- ▶ Using household cleaners or toxic chemicals.
- ▶ Touching or taking out the garbage.
- ▶ Handling soiled clothes or rags.
- ▶ Using public transportation.
- ▶ Shaking hands.

Hand Washing (2of 2)

What Is The Correct Way To Wash My Hands?



Wet your hands with clean, running water (warm or cold) (if available)



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds.



Rinse your hands well under clean, running water (if available).

Dry your hands using a clean towel or air dry them

How Can I Clean My Hands If I Do Not Have Soap And Water?

Use a hand-sanitizing agent that contains at least 60% alcohol. If you are preparing food, hand sanitizers are not recommended as a substitute for hand washing.

Hand sanitizers are not as effective when hands are visibly dirty.

How do you use hand sanitizers?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry