

# GOOD HEALTH IS IN YOUR HANDS!

## HOW TO PROPERLY WASH YOUR HANDS



1. Wet your hands.



2. Rub soap on your hands for 20 seconds.



3. Scrub the backs of your hands, wrists, between your fingers and underneath your fingernails.



4. Rinse your hands.



5. Dry your hands thoroughly.



6. Use a towel to turn off the water.

Washing your hands is the simplest and most effective thing you can do to reduce the spread of colds, flu, skin infections and diarrhea.

Use soap and water or a hand sanitizer with a minimum of 60% alcohol listed.

## HOW TO PROPERLY USE HAND SANITIZER



1. Place a dime-sized drop of hand sanitizer in your palm.



2. Rub your palms together.



3. Rub the back of each hand with the palm and interlaced fingers of the other hand.



4. Rub around each thumb with the opposite hand.



5. Rub the fingertips of each hand back and forth in the opposite palm.



6. Keeping rubbing your hands together until they are dry. Paper towels are not needed.

## ALWAYS WASH YOUR HANDS...

### BEFORE:

- Preparing or eating food
- Treating a cut or a wound
- Tending to someone who is sick
- Inserting or removing contact lenses

### AFTER:

- Using the bathroom
- Changing a diaper or helping a child use the bathroom (don't forget the child's hands!)
- Handling raw meat, chicken, or eggs
- Touching pets (especially reptiles)
- Sneezing or blowing your nose or helping a child blow his/her nose
- Handling garbage
- Tending to someone who is sick or injured