

Clean Hands— Healthy People

*“Hand washing
is the single most
important means of
preventing the
spreading of
infection.”*

Centers for Disease Control—

Atlanta, GA



Wash Your Hands:

- Before you eat
- Before preparing food
- After using the bathroom
- After coughing /sneezing
- After playing with pets
- After changing diapers
- After carrying the garbage or trash

Good Health....in 30 Seconds

- **Wet Hands Using Warm, Running Water**
- **Use Soap and Scrub for 20 seconds. Practice by singing Row, Row, Row Your Boat twice or counting slowly to 20.**
- **Rinse with Warm, Running Water**
- **Dry with a Paper Towel**
- **Use the Towel to Turn Off the Faucet and Open the Bathroom Door**

Good Health in

6

Easy Steps!



Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local extension office.

1

Wet

- ▶ Wet hands using warm, running water
- ▶ Wetting hands helps the soap to work.
- ▶ Soap works best with warm water.
- ▶ Washing with cold water is better than not washing at all, but warm water is best.

2

Soap

- ▶ Water and soap do not kill germs-they do help make germs slippery and get washed off your hands.
- ▶ It is not necessary to use antimicrobial soap.
- ▶ If only cold water is available, use a special soap made for use with cold water.

Good Health in

6

Easy Steps!

3

Wash

- ▶ Scrub for 20 seconds.
- ▶ 20 seconds is the time it takes to sing "Row, Row, Row Your Boat" twice.
- ▶ Taking the time to scrub is important for loosening germs
- ▶ If only cold water is available, scrub longer than 20 seconds.

4

Rinse

- ▶ Rinse with warm, running water.
- ▶ Once the germs are loosened, they need to be washed down the drain.
- ▶ Communal basins, where water is used by more than one person, are not adequate for rinsing.

5

Dry

- ▶ Dry with a clean paper towel
- ▶ Drying with a clean towel helps to remove germs.
- ▶ Pat your skin instead of rubbing to prevent chapping and cracking.
- ▶ If towels are not available it is okay to air dry your hands.
- ▶ Apply hand lotion after washing to help prevent dry skin. It is harder to wash off germs when the skin on your hands is damaged.

6

Turn Off Water

- ▶ Use the towel to turn off the faucet and open the bathroom door.
- ▶ After washing, it is important not to contaminate hands with germs from faucets, handles, doors, or any other surface.
- ▶ Some germs can live for 2 or more hours on surfaces.