## 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

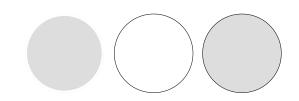


Good Health.... ....in 30 Seconds

- 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



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





- 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.



#### 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 Good Health in Easy Steps!



#### 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.



#### 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.



### 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.



#### 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.