



Did You Know?

- ◇ Hand washing prevents the spread of germs to yourself and others
- ◇ “Germs” are bacteria, viruses or fungi that get on your hands from contact with your environment
- ◇ Hand washing removes dirt and tiny organisms that cause infection
- ◇ Hand washing is the single most important way of preventing the spread of infection

When should you wash your hands?

- ◇ Whenever you see that your hands are soiled or dirty
- ◇ After you sneeze or cough, and after you blow or wipe your nose
- ◇ After you use the restroom
- ◇ Before and after you eat meals or snacks
- ◇ Before and after you handle food
- ◇ Whenever you come home from school, the mall or any store, and after playing outside
- ◇ After playing with or taking care of your pet, and after giving water or food to your pet

How to Wash Your Hands Correctly

- ◇ Wet your hands under warm, running water
- ◇ Apply soap and lather up on both sides of your hands, your wrists, between your fingers, and around your nails for *15 seconds*--About the time it takes to sing “Happy Birthday”
- ◇ If you have not removed jewelry, pay close attention to this area. This is where bacteria, viruses, and fungi like to hide and multiply
- ◇ Rinse your hands well under warm running water
- ◇ Pat your hands dry with a clean towel. Be sure to pat them dry thoroughly to prevent chapping.
- ◇ In public restrooms, instead of using clean hands to turn off the faucet and to open the door, use a paper towel and throw it away after you leave the bathroom.



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