

HAND WASHING

Your First Line of Defense

Proper hand washing is one of the most effective ways to prevent the spread of germs and keep yourself and others healthy. Follow these simple steps to ensure your hands are thoroughly cleaned.



WHY HAND WASHING IS IMPORTANT



Promotes Overall Health



Removes Germs



Prevents Illness

WHEN TO WASH YOUR HANDS



Before and after preparing food



After using the toilet



Before eating



After coughing, sneezing, or blowing your nose



After touching pets or animals



After handling garbage



Whenever your hands look dirty

STEPS FOR EFFECTIVE HAND WASHING



Wet Your Hands And Apply Soap



Lather Thoroughly



Scrub for 20 Seconds



Rinse Well



Dry Completely

HELPFUL TIPS

Use Sanitizer When Necessary:

If soap and water are not available, use a hand sanitizer with at least 60% alcohol.



Avoid Touching Your Face:

Keep your hands away from your eyes, nose, and mouth to prevent germs from entering your body.

