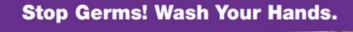


Idaho Chapter
NATIONAL BLEEDING DISORDERS FOUNDATION

Handwashing: Is it Really That Important?



When?



After touching garbage

How?



Wet your hands

running water (warm or cold),

turn off the tap,

and apply soap.

with clean,





Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice. **Rinse** hands

clean, running

well under

water.







Yes! Regularly washing your hands is the BEST way to remove germs, avoid getting sick, and preventing the spread of germs. Washing with soap and water works to trap and remove germs from your hands. Scrub all parts of your hands for 20 seconds. Plain soap is just as good as antibacterial soap. Hand sanitizer may be used if soap is not available. Make sure it has at least 60% alcohol. Alcohol-based hand sanitizers work by killing germs, while soap and water removes the germs from your hands. Cold or warm water work the same to remove germs. Mainly, the water helps to create a lather with the soap. Visit the CDC website for more information and resources on handwashing.

https://www.cdc.gov/handwashing/index.html

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.

Dry hands using

a clean towel or

air dry them.

Keeping hands clean