

Handwashing: Is it Really That Important?

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



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



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



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.



Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

GLOBAL HANDWASHING DAY

OCTOBER 15



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>

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOUJ, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

CE210227-A

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.