CLEAN HANDS
SAVE LIVES!

Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean, running water for 20 seconds. However, if soap and water are not available, use an alcohol-based hand sanitizer product to clean your hands. Alcohol-based hand gel can significantly reduce the number of germs on skin and are fast-acting.

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WHEN WASHING HANDS WITH SOAP AND WATER:

- Wet your hands with clean, running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

REMEMBER: If soap and water are not available, use an alcohol-based hand gel to clean your hands.

WHEN USING AN ALCOHOL-BASED HAND SANITIZER:

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.

WHEN SHOULD YOU WASH YOUR HANDS?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound.

Source: Centers for Disease Control and Prevention

NORTHOAKS
Health System

www.northoaks.org/handwashing