

LEARN ABOUT

HANDWASHING TIPS



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider

Why Washing Your Hands is Important

- Washing your hands is one of the best ways to stay healthy and stop the spread of germs. Germs can cause illnesses like colds, the flu, and stomach bugs
- Germs spread when you touch your eyes, nose, or mouth with dirty hands, prepare or eat food without washing your hands, touch surfaces with germs on them, or cough and sneeze into your hands



When Should You Wash Your Hands?

- Before, during, and after you touch food
- Before and after you eat
- Before and after helping someone who is sick
- Before and after taking care of a cut or scrape
- After using the bathroom
- After changing diapers or helping a younger child in the bathroom
- After blowing your nose, coughing, or sneezing
- After touching animals or cleaning up after them
- After touching pet food or treats
- After throwing away trash

How to Wash Your Hands the Right Way

- Wet your hands with warm or cold, clean running water
- Turn off the water and put soap on your hands
- Rub your hands together to make bubbles
- Don't forget to wash the backs of your hands, between your fingers, and under your nails
- Scrub for at least 20 seconds. Need help counting? Hum the "Happy Birthday" song twice
- Rinse your hands with clean water
- Turn faucet off
- Dry your hands with a clean towel or a hand dryer