

Clean Hands For Health!

- 💧 It's best to wash your hands with soap and warm water for 20 seconds
- 💧 When water isn't available, use alcohol-based sanitizer
- 💧 Wash hands before preparing or eating food and after going to the bathroom
- 💧 Keeping your hands clean helps you avoid getting sick



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 caring for someone who is sick
- 💧 After handling uncooked foods, particularly raw meat, poultry, or fish
- 💧 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
- 💧 After handling items contaminated by flood water or sewage
- 💧 When your hands are visible dirty



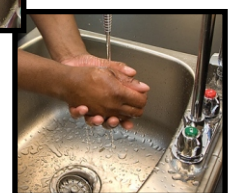
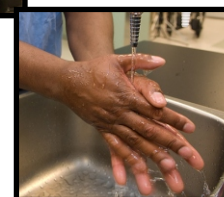
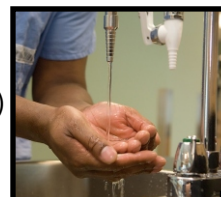
Using alcohol-based sanitizers

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

Note: the volume needed to reduce the number of germs varies by product

Washing with soap and water

- 💧 Place your hands together under water (warm, if possible)
- 💧 Rub your hands together for at least 20 seconds (with soap, if possible)
- 💧 Wash your hands thoroughly, including wrists, palms, back of hands, and under fingernails
- 💧 Clean the dirt from under fingernails
- 💧 Rinse the soap from your hands
- 💧 Dry your hands completely with a clean towel if possible (this helps remove the germs). If towels aren't available, it's okay to air dry your hands
- 💧 Pat your skin rather than rubbing to avoid chapping and cracking
- 💧 If you use a disposable towel, throw it in the trash



Remember: *If soap and water aren't available, use alcohol-based hand sanitizer*