

Washing your hands can keep you healthy



Properly washing your hands with soap and water can help keep you healthy. Clean hands act as barriers for germs trying to enter your system and make you sick. Follow these steps below for proper handwashing:

Use bar soap, liquid soap or when they aren't available, alcohol-based hand sanitizer that contains at least 60% alcohol. It's important to keep your hands clean throughout the day. So make sure you wash your hands:

- 1** Wet your hands with clean running water (warm or cold) and apply soap.
- 2** Lather your hands by rubbing them together with the soap.
- 3** Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
- 4** Rinse your hands under clean, running water.
- 5** Dry your hands using a clean towel or air dry them.

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal feces (poop)
- After touching garbage
- If your hands are visibly dirty or greasy

