

WASH YOUR HANDS

1. Wet your hands with clean running water



2. Lather your hands everywhere, including backs, between fingers and under nails



3. Don't rush! Scrub for 20 seconds

4. Rinse hands well under clean running water



6.

Repeat:

- After using the bathroom
- Before and after eating, drinking or smoking
- If you cough, sneeze or touch contaminated surfaces
- If your hands are dirty



5.

Dry hands with clean paper towel or air dryer



BENEFITS OF REGULAR, THOROUGH HANDWASHING

- Avoid getting ill
- Avoid making others ill

Germs on hands go everywhere: eyes, nose, mouth, objects, other people's food, your food! Wash your hands regularly and keep everyone well!

HAND SANITIZERS:

- Not as good as washing hands with soap and water
- A good option when handwashing is not available
- Use sanitizers with 60% alcohol
- Apply gel to palms of hands, rub hands together for 20 seconds or until hands are dry