

## **When should you tell people to wash their hands?**

1. Before preparing or eating food
2. After going to the bathroom
3. After cleaning up a child who has gone to the bathroom
4. When tending to someone who is sick
5. After handling uncooked foods, particularly raw meat, poultry, or fish
6. After blowing your nose, coughing, or sneezing
7. After handling an animal, a pet, or animal waste
8. After handling garbage
9. When treating a cut or wound

## **Handwashing with alcohol based products**

When hands are visibly soiled, they should be washed with soap and water.

When using an alcohol-based handrub, apply product to palm of one hand and rub hands together, covering all surfaces of hands and fingers, until hands are dry. Note that the volume needed to reduce the number of bacteria on hands varies by product.

Alcohol-based handrubs significantly reduce the number of microorganisms on skin, are fast acting and cause less skin irritation.

## **Handwashing with soap and water:**

### Steps in Proper Hand washing techniques:

1. Place your hands together under water (warm water if possible)
2. Rub your hands together for at least 10-15 seconds (with soap if possible). Wash all surfaces thoroughly, including wrists, palms, backs of hands, fingers, and under the fingernails.
3. Clean the dirt from under your fingernails
4. Rinse the soap from your hands
5. Dry your hands completely with a clean towel if possible (this helps remove the germs). However, if towels are not available or if they are shared by many people, then it is acceptable to air dry your hands.
6. Pat your skin rather than rubbing to avoid chapping and cracking
7. If a disposable towel was used, throw it in the trash so that no one else can get your germs.