

Hand Sanitizing

ADDENDUM A

Cleaning your hands is a simple habit — and probably the single most important healthy habit. It is one of the very best ways to avoid becoming ill with an infectious disease like the flu, a cold, or infectious diarrhea.

Throughout the day, you accumulate germs on your hands from a variety of sources — direct contact with people, contaminated surfaces, foods, even animals and animal waste.

If you don't clean your hands frequently enough, you can infect yourself with these germs by touching your eyes, nose, or mouth.

When to Wash

- Before eating
- After using the bathroom
- After changing a diaper
- Before handling and immediately after handling raw meat, fish, or poultry
- After blowing your nose
- After coughing or sneezing into your hands
- Before and after touching a sick or injured person
- After handling garbage
- Before and after treating wounds or cuts
- After playing outside

How to Wash

- Wet your hands with warm, running water and apply liquid or clean bar soap. Lather well.
- Rub your hands together for at least 10 to 15 seconds.
- Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your finger nails.
- Rinse well.
- Dry your hands with a clean or disposable towel.

If you're in a public restroom, leave the water running when you're finished rinsing. After your hands are dry, use paper towel or toilet paper to turn off the faucet and open the door.