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## HOW TO WASH HANDS

*The most important thing you can do to prevent illness is to wash your hands. By frequently washing your hands, you wash away germs picked up from other people, contaminated surfaces, or animals and animal waste.*

### **Here is how to wash your hands:**

- Wet hands, using warm, running water and soap, preferably liquid
- Making sure you have lots of bubbles, rub hands together vigorously for at least 20 seconds
- Wash under fingernails, between fingers, backs of hands and wrists
- Rinse hands under warm, running water
- Dry hands with paper towel

### **In public bathrooms:**

- Leave water running after washing hands
- Using single use towel or air dryer, dry hands
- If towel dispenser has handles, roll towel down prior to washing hands. This keeps you from picking up germs from the handle after washing hands
- Turn faucet off using paper towel
- Open door using paper towel
- Discard paper towel
- In the home, change hand towels often

### **When should you wash your hands?**

- After using the bathroom or changing a diaper
- After handling anything soiled with any body fluid
- After you clean up messes
- After caring for an ill child or family member
- After touching an animal or pet
- Before and after preparing or serving food
- Before and after eating and drinking
- Arriving home from day care, school, work, or an outing