

Hand Hygiene

- Good hand hygiene is one of the most important things you can do to prevent yourself or others from getting sick.
- Wash your hands with soap & water for at least 20 seconds. If soap & water is not available, use hand sanitizer that has at least 60% alcohol.

Key Times to Clean Your Hands

- ✓ After you have been in a public place
- ✓ After coughing, sneezing, or blowing your nose
- ✓ Before and after eating
- ✓ Before and after touching your mask
- ✓ After caring for someone who is sick
- ✓ After using the bathroom
- ✓ After changing a diaper
- ✓ After touching animals or pets
- ✓ After touching garbage or performing cleaning/disinfecting
- ✓ After using communal tools or spaces
- ✓ Any time your hands appear dirty

What type of soap should I use?

You can use bar soap or liquid soap. Liquid soap is often preferable as it is easier and cleaner to share. Studies have not found any added benefit from using soaps containing antibacterial ingredients compared to plain soap. If soap and water aren't available, use hand sanitizer with at least 60% alcohol.

Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.



Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



Additional Tips about Hand Hygiene:

- ✓ Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands.
- ✓ Always wash your hands with soap & water if they're visibly dirty or greasy, not hand sanitizer.
- ✓ Do NOT rinse or wipe off hand sanitizer before it's dry; it may not work well against germs.
- ✓ Soap and water are more effective than hand sanitizers at removing certain kinds of germs like *norovirus*, *Cryptosporidium*, and *Clostridioides difficile* (C-diff), as well as chemicals.
- ✓ **Beware:** swallowing alcohol-based hand sanitizer can cause alcohol poisoning.
- ✓ **Caution:** Hand sanitizer is flammable. Always use it safely and store it away from sources of ignition. Never leave hand sanitizer unattended around young children.

Handwashing can prevent



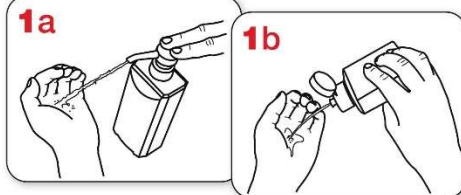
Knowing how to wash your hands the right way is one of the best ways to protect yourself and your family from getting sick.
Clean Hands Save Lives!



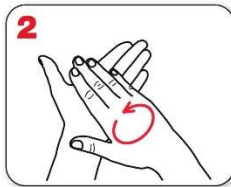
www.cdc.gov/HandHygiene

How to handrub?

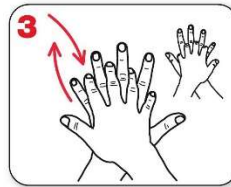
WITH ALCOHOL-BASED FORMULATION



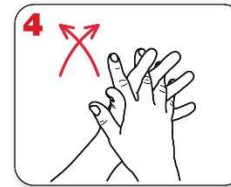
Apply a palmful of the product in a cupped hand and cover all surfaces.



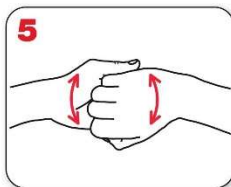
Rub hands palm to palm



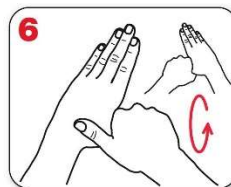
right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



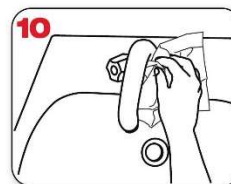
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



rinse hands with water



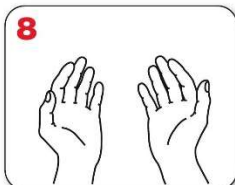
dry thoroughly with a single use towel



use towel to turn off faucet



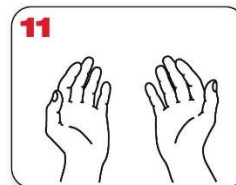
20-30 sec



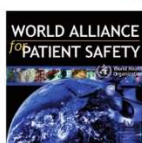
...once dry, your hands are safe.



40-60 sec



...and your hands are safe.



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