

# HANDWASHING can help to stop the spread of germs...

But believe it or not, there's a RIGHT way to do it!



1. **Have a clean towel ready. Dispense paper towel before turning on water in public restrooms.**

*Use a paper towel or blow dryer in public areas.*

2. **Wet hands under running water.**

*Avoid excessively hot water than can dry or damage your skin.*

3. **Apply soap to hands and lather all surfaces of hands and fingers.**

*(If using liquid soap, use about 3/4tsp-1tsp. Plain soaps may be used.)*

4. **Rub hands and fingers together for at least 15 seconds**

*Tip: That's about the time it takes to sing "Happy Birthday" or "Twinkle, Twinkle Little Star"*

5. **Rinse hands well, then pat dry with a clean towel.**

*Avoid harsh rubbing. It can chafe your skin.*

6. **Use the paper towel to turn off water faucet.**

*Tip: If none are available, use your elbow.*

7. **Discard paper towel in trash.**

*It's cleaner, safer, and courteous to others!*

## When to wash your hands

- When they are visibly soiled (dirty).
- When they have been in contact with blood or body fluids.
- After using the restroom.
- Before and after handling or preparing food.

## Are there other ways to clean your hands?

### Yes!

Alcohol-based hand disinfection products (liquids, foams and gels) are now available, and they are more effective at killing most germs than simple handwashing with plain soap and water.

They are also quicker to use, less likely to cause dryness or irritation of healthy skin, and very convenient to use when sinks are not available.

In hospitals, they are now the preferred method for hand disinfection before and after contact with the patient or the patient's environment. However, it should be remembered that alcohol-based products do not actually clean the hands by removing dirt or debris, so occasional handwashing is still necessary.

Handwashing is still required if hands are visibly soiled, after using the bathroom, and before eating. Alcohol-based products may be used after washing to disinfect remaining germs.