



Know the Facts

Health



Handwashing: Clean hands save lives

Hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Handwashing is a win for everyone, except the germs.

Many diseases and conditions are spread by not washing hands with **soap** and clean, **running** water.



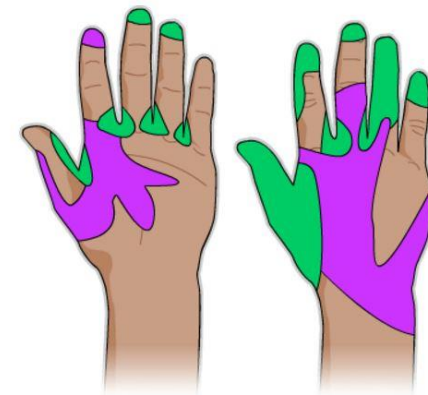
1) When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

2) How should you wash your hands?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Picture's source: <https://rcni.com/hosted-content/rcn/first-steps/hand-hygiene>



- Sometimes missed
- Frequently missed



Hand hygiene involves not only washing your hands, but also drying them thoroughly.

Benefits of Handwashing

- ✓ Eliminating germs & reducing illness
- ✓ Lowers respiratory infection risk
- ✓ Prevents eye infections
- ✓ Lowers risk of diarrhea and intestinal problems
- ✓ Less time off work and school
- ✓ Reduces risk in medical settings

Don't underestimate the power of hand washing!

The few seconds you spend at the sink could save you trips to the doctor's office.



Hand hygiene = hand washing + hand drying.