

CLEAN HANDS SAVE LIVES

One of the most effective ways to reduce the spread of germs is also one of the easiest things to do: wash your hands! This simple step can help protect you from germs and prevent germs from being spread to others. While regular hand washing should be part of your daily routine, it's even more important during cold and flu season. Here are some tips from the Centers for Disease Control and Prevention (CDC):

How should you wash your hands?

Five easy steps can help improve your health:

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Scrub your hands for at least 20 seconds. Sing or hum "Happy Birthday" from beginning to end twice as a timer.

Dry your hands using a clean towel or air dry them.

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet

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.

Rinse your hands well under clean, running water.

What if you don't have soap and water?

Soap and water are the best way to properly wash your hands. If they're not available, use an alcohol-based hand sanitizer than contains at least 60% alcohol.

Sanitizers can quickly reduce the number of germs on your hands in some situations, but they do not eliminate all types of germs and might not remove harmful chemicals.

How do you properly use hand sanitizers?

- Apply the product to the palm of one hand.
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

So take a few seconds – at least 20! – and wash your hands properly and regularly! It can help keep you and those around you healthy!

