



HANDWASHING

CLEAN HANDS SAVE LIVES

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Keeping the hands clean is a really good habit, that can help prevent us from contracting diseases or spreading germs to others. Many diseases are the result of people not washing their hands properly, using soap and clean, running water.

If clean, running water is not readily available, as is the case in many parts of the world, make use of whatever water that is available, along with soap. In the event that neither of these are available, you can use an alcohol-based hand sanitizer containing at least 60% alcohol.

When should you wash your hands?

1. Before, during, and after preparing food
2. Before eating food
3. After using the toilet
4. After changing diapers or cleaning up a child who has used the toilet
5. Before and after caring for someone who is sick
6. After blowing your nose, coughing, or sneezing
7. After touching an animal or animal waste
8. After touching garbage
9. Before and after treating a cut or wound

What is the right way to wash your hands?

1. use soap

2. palm to palm

3. back of hands

4. fingers interlaced

5. base of thumbs

6. fingernails

7. wrists

8. rinse hands

9. dry hands

How do you use hand sanitizers?

Hand sanitizers are not effective when hands are visibly dirty. They can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs.



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