

Lather-up for Good Health

Hand washing is the best way to prevent germs from spreading and helps to keep you healthy.

Remember to wash your hands:

- Before eating and cooking
- After using the bathroom
- After touching animals
- After visiting or taking care of sick friends or relatives
- After blowing your nose, coughing, or sneezing
- After being outside
- After handling garbage

Proper hand washing with soap and water

- Wet your hands with warm, running water and apply liquid or clean bar soap. Lather well.
- Rub hands vigorously together for a least 15 seconds or sing the "Happy Birthday" song twice.
- Scrub all surfaces, including the backs of your hands, wrists, between fingers and under your fingernails.
- Rinse well.
- Dry hands with a clean or disposable towel.
- Use a towel to turn off the faucet and to open the door.

Hand Sanitizers

- Hand sanitizer is a great way to disinfect your hands when they have no visible dirt on them.
- Simply rub the product over all of your hand surfaces continuing to rub until you cannot feel the product on your hands anymore and the hands feel dry. This takes about 20-25 seconds, but it is fast and more convenient since the hand sanitizers are commonly found in public places and are even portable.

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