

The ABC's of Handwashing

Following proper hygiene techniques can dramatically reduce your chance of spreading or contracting infection.

1. Proper hand washing can prevent the spread of illnesses.



- Wet your hands with warm running water.
- Add soap.
- Wash all surfaces on hands; rub vigorously for **AT LEAST 20 seconds** (sing entire Alphabet song); wash carefully between fingers, around the tops and palms of hands, over wrists, and under nails.
- Rinse your hands well under warm running water, leave it running while drying hands.
- Dry your hands with a clean, disposable paper towel.
- Turn off the faucet using the paper towel instead of your clean bare hands.

When do I wash my hands?

BEFORE:

- Handling, preparing, serving or touching food.
- Handling utensils and setting table.
- Feeding a child.
- Changing a child—you can cause infections with dirty hands.
- Putting away clean dishes

All the time!



AFTER:

- Handling money.
- Handling raw meat, poultry, fish or eggs.
- Changing a baby's diaper and/or clothing.
- Use the bathroom or assist a child in the bathroom.
- Come in contact with any bodily fluids.
- Sneeze or cough into hands or tissue.
- Work outside or get hands dirty.
- Handle pets, animals or garbage.