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## Clean Hands Save Lives!

- ◆ It is best to wash your hands with soap and warm water for 20 seconds.
- ◆ When water is not available, use alcohol-based products (sanitizers).
- ◆ Wash hands before preparing or eating food and after going to the bathroom.
- ◆ Keeping your hands clean helps you avoid getting sick.



### When should you wash your hands?

- ◆ Before preparing or eating food
- ◆ After going to the bathroom
- ◆ After changing diapers or cleaning up a child who has gone to the bathroom
- ◆ Before and after caring for someone who is sick
- ◆ After handling uncooked foods, particularly raw meat, poultry, or fish
- ◆ After blowing your nose, coughing, or sneezing
- ◆ After handling an animal or animal waste
- ◆ After handling garbage
- ◆ Before and after treating a cut or wound
- ◆ After handling items contaminated by flood water or sewage
- ◆ When your hands are visible dirty

### Using alcohol-based sanitizers

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

*Note: the volume needed to reduce the number of germs varies by product.*



### Washing with soap and water

- ◆ Place your hands together under water (warm if possible).
- ◆ Rub your hands together for at least 20 seconds (with soap if possible).
- ◆ Wash your hands thoroughly, including wrists, palms, back of hands, and under the fingernails.
- ◆ Clean the dirt from under fingernails
- ◆ Rinse the soap from your hands.
- ◆ Dry your hands completely with a clean towel if possible (this helps remove the germs). However, if towels are not available it is okay to air dry your hands.
- ◆ Pat your skin rather than rubbing to avoid chapping and cracking.
- ◆ If you use a disposable towel, throw it in the trash.

*Remember: If soap and water are not available, use alcohol-based hand sanitizer.*

