



Hand Washing

Washing your hands using soap and clean, running water improves hand hygiene and can help prevent the spreading of germs to others.

Here are some examples for when you should wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage

Here are some safety training tips on good techniques for washing your hands:

- Wet your hands with running water — either warm or cold, and then turn off the tap and apply soap.
- Rub your hands vigorously for at least 20 seconds. Make sure to scrub all surfaces, which include the backs of your hands, wrists, between your fingers and under your fingernails.
- Now it's time to rinse your hands, making sure to wash away all the soap.
- Dry your hands using a clean towel or air dry them.
- If possible, use a towel or your elbow to turn off the faucet.

Sometimes clean, running water is not available; so, what do you do? Any available water and soap is better than doing nothing. Remember, that an easy way to avoid spreading disease is as simple as washing your hands.