

Hand Washing: A simple way to prevent illness

Always wash your hands:

- Just before picking up your food or beverage and eating / drinking anything
- Before and after preparing food or handling food (snacks)
- After coughing or sneezing into your tissue
- After blowing your nose
- Before inserting and removing contact lenses
- Before touching your face or eyes
- Before and after applying make-up
- After using the bathroom
- Frequently when using public facilities (restaurants, airports, bus or train stations, shops)
- After touching animals

Proper use of alcohol-based hand sanitizer:

According to Mayo Clinic, alcohol-based hand sanitizers are more effective than soap and water when used properly!

- Apply about ½ tsp. of the product to the palm of your hand
- Rub your hands together, covering all surfaces of your hands until they are dry

Proper hand washing with soap and water:

- Wet your hands with warm, running water and apply soap
- Lather well
- Rub your hands vigorously together for at least 20 seconds
(*slowly sing Happy Birthday to yourself*)
- Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails
- Rinse well
- Dry your hands with a clean or disposable towel
- Use your towel to turn off the faucet and open door if appropriate to exit wash area
- Dispose paper towel

Be sure to carry hand sanitizer with you