**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**