

# QUICK FACTS: WASH YOUR HANDS

- 1 WET** your hands with clean, running water. Preferably warm water.
- 2 SOAP** your hands.
- 3 RUB** vigorously for 20 seconds (that's twice through the "Happy Birthday to You" song) washing all surfaces: Palms and fingers, back of hands, wrists, between fingers and thumbs, and under and around all fingernails.
- 4 RINSE** thoroughly, rubbing all surfaces to remove all soap.
- 5 DRY** your hands rubbing vigorously with a paper towel or clean cloth.
- 6 IN PUBLIC** use the paper towel to turn off the faucet and open the door to the washroom when exiting.

## HOW IT WORKS:

The soap suspends dirt and other soils that trap germs while the friction of rubbing your hands together pulls dirt and greasy or oily soils free from the skin. The warm running water washes away the soap, dirt, grease, and germs. The final friction of rubbing your hands on a towel physically removes even more germs. **Voila! Clean hands.**

## WHEN SHOULD I WASH MY 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 nose, coughing, or sneezing
- After touching an animal or animal waste
- After handling pet or animal food or pet treats
- After touching or taking out the garbage
- After working or playing outdoors
- After touching high-contact surfaces such as handrails, keyboards, etc.

## ABOUT HAND SANITIZER

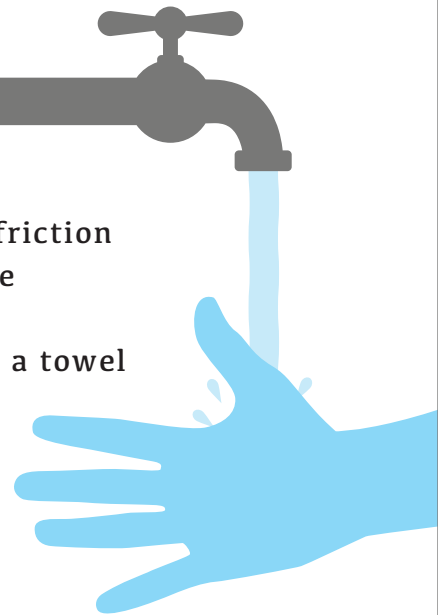
Washing with soap and water is always best because you're washing germs away! Hand sanitizer will do in a pinch, but it is

### **NOT A SUBSTITUTE FOR WASHING UP.**

If soap and water are not available use a 60% minimum alcohol-based hand sanitizer following directions on the label for best results.



[stopfoodborneillness.org](http://stopfoodborneillness.org)



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