

# hand hygiene

## clean hands count

*According to the World Health Organization (WHO) hand hygiene is the single most effective measure to reduce the spread of infections.*

### hand hygiene a small act, big impact

Practice of cleaning hands with soap & water or alcohol-based hand sanitizer with at least 60% alcohol to remove/kill germs

### when should you clean your hands?

- Before preparing or eating food
- Before touching your eyes, nose or mouth
- Before and after changing bandages
- Before working with clean equipment or utensils
- After touching raw meat, poultry or seafood
- After handling money
- After using the restroom
- After blowing your nose, coughing or sneezing
- After handling chemicals
- After pulling trash or touching waste
- Anytime your hands get dirty



*Keeping hands clean can prevent 1 in 3 diarrheal illnesses and 1 in 5 respiratory infection such as cold or influenza.*

### IMPORTANCE OF WASHING HANDS

- Regular hand washing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.
- If everyone washed their hands an estimated 1 million deaths could be prevented each year.
- A large percentage of foodborne illness outbreaks are due to contaminated hands.

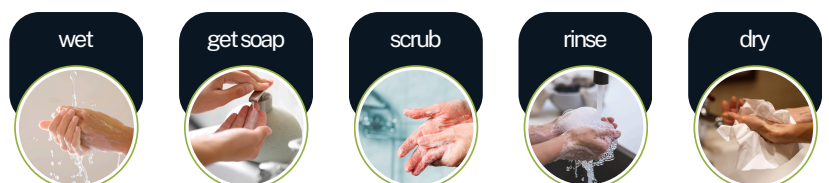
### HOW TO CLEAN YOUR HANDS

#### with alcohol-based hand sanitizer



- 01.** Apply alcohol-based hand sanitizer to hands and rub together.
- 02.** Cover all surfaces of hands. Be mindful to rub palms, backs of hands, and thumbs.
- 03.** Rub hands together until hands feel dry. This process should take approximately 20 seconds.

#### with soap and water



**WET** | Your hands with warm water.

**GET SOAP** | About a nickel or quarter size amount on your hands.

**SCRUB** | Rub your hands together until the soap forms a lather and then rub all over the top of your hands, in between your fingers and the area and under the fingernails. Rub palms, backs of hands, and thumbs. Continue rubbing your hands for at least 15 seconds. Imagine singing the "Happy Birthday" song twice.

**RINSE** | Your hands well under running water.

**DRY** | Your hands using a paper towel if possible. Then use your paper towel to turn off the faucet and to open door.