

Why is Hand Washing Important?





Why wash my hands?

- Handwashing is one of the best ways to protect yourself and your family from getting **sick**.
 - Avoid spreading germs
 - Prevents illnesses
 - Prevents spreads of infections to others





When should I wash my hands?

- When your hands are dirty
- Before eating or touching food
- After using the bathroom
- After blowing your nose or coughing
- After touching pets or other animals
- After playing outside
- Before and after visiting a sick relative or friend





How do I wash my hands?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them

Handwashing Videos



Let's Practice!

7 STEPS TO HANDWASHING



1 Rub palms together



2 Rub the back of both hands



3 Interlace fingers and rub hands together



4 Interlock fingers and rub the back of fingers of both hands



5 Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands



6 Rub fingertips on palm for both hands



7 Rub both wrists in a rotating manner.



When to use hand sanitizer?

- Washing hands with **soap and water** is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer
- **Sanitizers can quickly reduce the number of germs on hands in many situations.**
 - Sanitizers do **not** get rid of all types of germs.
 - Hand sanitizers may not be as effective when hands are visibly dirty or greasy.





Other ways to stay healthy

- Drink lots of fluids
- Eat fruits and vegetables!
- Sneeze into your arm or a tissue
- Be active 60 mins each day

