

WASHING YOUR HANDS

THE RIGHT WAY AT THE RIGHT TIMES IS ESSENTIAL TO YOUR HEALTH



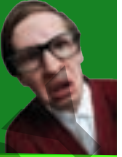
WASHING YOUR HANDS:

- Reduces the number of people who get sick with diarrhea by 31%
- Reduces diarrheal illness in people with weakened immune systems by 58%
- Reduces respiratory illnesses, like colds, in the general population by 21%



Some of the diseases that you can avoid with regular hand washing are:

The Common Cold
Hepatitis A
Meningitis
Influenza
Diarrhea



WASH YOUR HANDS...



before touching food



after touching animals



before and after treating a cut or wound



before and after caring for someone who is sick



after touching anything outside



after handling money



WHAT ABOUT HAND SANITIZERS?



ALWAYS after using the bathroom



after coughing, sneezing, or blowing your nose

Washing with soap and water is the best way to get rid of germs on your hands. Alcohol sanitizers can quickly kill most, but not all germs. If you use an alcohol sanitizer, make sure it is at least 60% alcohol.

HOW TO WASH YOUR HANDS



1 Use warm running water.



2 Use liquid soap, if possible.



3 Rub your hands together for 10 to 20 seconds, getting under your fingernails and between your fingers.



4 Rinse off all the soap under warm running water.



5 Dry thoroughly with a clean towel.

SAVE TIME & MONEY WASH YOUR HANDS

Handwashing is a great way to avoid getting sick. Healthy people...

- miss fewer days of work or school
- waste less time in doctor's offices
- have fewer medical expenses



In a recent study, only 31% of men and 65% of women washed their hands after using a public restroom.

STOP THE SPREAD OF GERMS
WASH YOUR HANDS