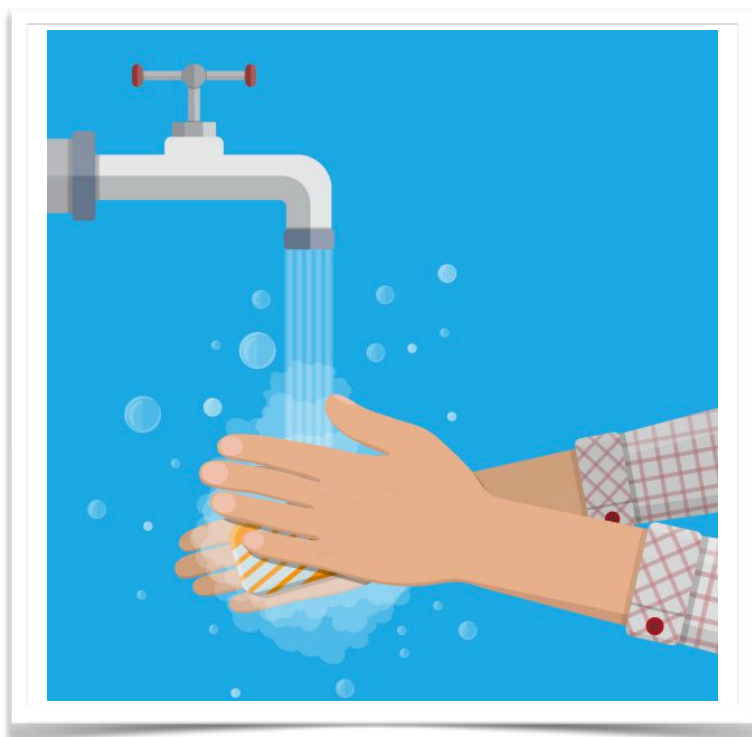


# Hand Hygiene Awareness

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Hand-washing is one of the best ways to protect yourself and your family from getting sick. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

## 3 Common Mistakes

**1**

**WASHING HANDS IN WATER THAT HAS PREVIOUSLY BEEN USED**

Use clean running water

**2**

**NOT USING SOAP TO WASH YOUR HANDS**

Soap helps to remove germs better than water alone

**3**

**NOT WASHING THE BACK OF HANDS AND NAILS**

A high concentration of germs are found under nails



**Wet your hands with clean, running water and apply soap.**

**Lather the backs of your hands, between your fingers, and under your nails.**

**Scrub your hands for at least 20 seconds.**

**Rinse your hands well under clean, running water.**

**Dry your hands using a clean towel or air dry them.**

## Can't Find Soap and Water? Use Hand Sanitizer

If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.



## Wash Your Hands Often to Stay Healthy



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 DIA-  
PERS OR CLEANING UP A  
CHILD WHO HAS USED  
THE TOILET



AFTER BLOWING YOUR  
NOSE, COUGHING, OR  
SNEEZING



AFTER TOUCHING AN  
ANIMAL, ANIMAL FEED,  
OR ANIMAL WASTE

