

Weekly Wellness Tip

Hand Washing Tips

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Hand washing is considered the most available “low-tech” prevention of illness. It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and act quickly.

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

When should you wash your hands?

- Before preparing or eating food
- After going to the restroom
- After changing diapers or cleaning up after a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After handling uncooked foods, particularly raw meat, poultry, or fish
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound
- After handling items contaminated by flood water or sewage
- When your hands are visibly dirty

Source: CDC