

Hand Washing

- ◆ **Wash your hands**
 - Before preparing or eating food
 - After using the bathroom
 - After changing diapers or cleaning a child who has gone to the bathroom
 - Before and after tending to someone who is sick
 - After handling uncooked foods, particularly raw meat
 - 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
- ◆ Place your hands in water (warm water if possible) and scrub them with soap for at least 20 seconds. Clean the dirt from under your fingernails. Then rinse your hands and dry them thoroughly with a towel. Air dry them if no clean towel is available.
- ◆ If the water supply is cut off or has been contaminated, wash your hands in disinfected water (water containing household bleach).
- ◆ If you have no soap and water, use an alcohol-based product to clean your hands. Apply the product to your hands (read the label for the amount to use) and rub them together, making sure all surfaces of your hands and fingers are covered. Rub your hands until they are dry.

