



HANDWASHING

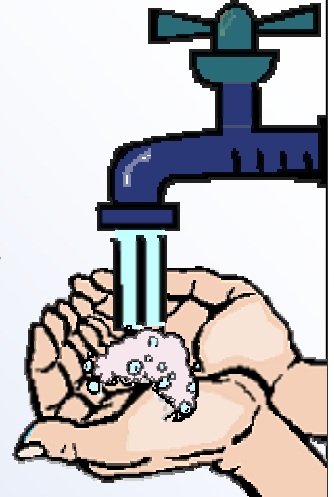
Personal Health Fact Sheet



The single most effective way to prevent the spread of any infection or bacteria is to wash your hands and children's hands thoroughly and often.

HANDWASHING TECHNIQUE:

- ✎ Pull down a paper towel before washing.
- ✎ Use warm running water.
 - ✓ Do **NOT** use a basin of water to wash.
- ✎ Apply liquid hand soap.
 - ✓ Liquid soap is preferred, but if you must use a bar of soap, make sure it is in a drain holder.
- ✎ Rub your hands together vigorously with soapy water to form lather. Do this for at least 20 seconds; washing the back of your hands, in between the fingers and under the nails.
- ✎ Rinse well with warm water; Do not let water run back down to your elbows.
- ✎ Dry hands with a paper towel.
 - ✓ Use a single-use paper towel or hot air dryer.
 - ✓ Do **NOT** use a hand towel.
- ✎ Use the paper towel to turn off the water and dispose of it (this helps to ensure that you will not pick up new germs from the handle).



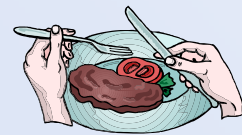
USING WATERLESS HAND GEL CORRECTLY

Should only be used when hands are not obviously soiled:

- ✎ It must be at least 62% ethyl alcohol or greater by content.
- ✎ Use amount per manufacture instructions (usually 3-5 pea size drops).
- ✎ Rub hands together until all of the gel is absorbed and hands are dry.
- ✎ Hands should still be washed with soap and water as soon as it is available.

WHEN TO WASH YOUR HANDS:

- ✎ After every time you go to the bathroom.
- ✎ After touching or handling infectious materials [with or without gloves] this includes; blood, drool, urine, stool or discharge from nose or eyes.
- ✎ After blowing your nose.
- ✎ Before preparing food or before eating anything.
- ✎ After touching animals.
- ✎ When hands are obviously soiled.
- ✎ After you clean up a mess.
- ✎ After you have direct contact with someone who is sick.



Sources: NYSDOH, CDC