

# Clean Hands Save Lives!

- 💧 It is best to wash your hands with soap and warm water for 20 seconds.
- 💧 When water is not available, use alcohol-based products (sanitizers).
- 💧 Wash hands before preparing or eating food and after going to the bathroom.
- 💧 Keeping your hands clean helps you avoid getting sick.



## When should you wash your hands?

- 💧 Before preparing or eating food
- 💧 After going to the bathroom
- 💧 After changing diapers or cleaning up a child who has gone to the bathroom
- 💧 Before and after caring for 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 visible dirty

## Using alcohol-based sanitizers

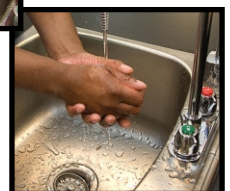
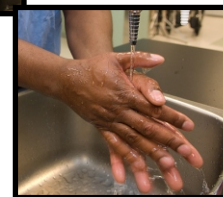
- 💧 Apply product to the palm of one hand.
- 💧 Rub hands together.
- 💧 Rub product over all surfaces of hands and fingers until hands are dry.

*Note: the volume needed to reduce the number of germs varies by product.*



## Washing with soap and water

- 💧 Place your hands together under water (warm if possible).
- 💧 Rub your hands together for at least 20 seconds (with soap if possible).
- 💧 Wash your hands thoroughly, including wrists, palms, back of hands, and under the fingernails.
- 💧 Clean the dirt from under fingernails
- 💧 Rinse the soap from your hands.
- 💧 Dry your hands completely with a clean towel if possible (this helps remove the germs), However, if towels are not available it is okay to air dry your hands.
- 💧 Pat your skin rather than rubbing to avoid chapping and cracking.
- 💧 If you use a disposable towel, throw it in the trash.



**Remember:** *If soap and water are not available, use alcohol-based hand sanitizer.*