



Proper Hand Washing

Hand Washing

<p>What can I do to prevent becoming sick?</p>	<ul style="list-style-type: none"> • The most important thing to do is to wash your hands often. • Frequent hand washing helps remove germs that may have been transmitted from other people, contaminated surfaces, or from animals and animal waste.
<p>What happens if hand washing is not done frequently?</p>	<p>Germs can be spread from many sources and easily infect you.</p> <p>Infection can happen when a person touches their eyes, nose and mouth after touching items that were contaminated.</p> <p>The most common way people catch a cold is by rubbing and touching their nose or eyes after their hands have been contaminated with a cold virus.</p> <p>If hands are not washed frequently germs can directly spread from person to person.</p> <p>In addition to colds, other serious diseases – like hepatitis A, meningitis, and infectious diarrhea – can easily be prevented if hand washing becomes a habit.</p>
<p>When should you wash your hands?</p>	<p>Hands should be washed often. Germs cannot be seen or smelled.</p> <p>It is especially important to wash your hands:</p> <ul style="list-style-type: none"> • Before, during, and after you prepare food. • Before eating. • After using the restroom. • After handling animals or animal waste • Whenever hands are dirty • When someone in your home is sick.
<p>What is the correct way to wash your hands?</p>	<ul style="list-style-type: none"> • First, wet your hands. Then apply liquid or clean bar soap. Place bar soap on a rack and allow it to drain. Use a moist towlette with antibacterial chemicals if you cannot wash your hands with soap. • Next, rub your hands vigorously together and scrub all surfaces. • Continue for 10 – 15 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs. • Rinse well and dry your hands. <p>It is estimated that one out of three people do not wash their hands after using the restroom. These tips are very important when out in public.</p>