Make Hand Washing a Healthy Habit

WHY HAND WASHING IS IMPORTANT:

Washing your hands is one of the best ways to prevent illness and avoid spreading germs. Help keep your school community healthy by making it a habit to wash your hands often.

WHEN TO WASH HANDS:

- After using the bathroom
- After sneezing, coughing, or blowing your nose
- Before and after touching your face
- After throwing away garbage
- Before and after prepping and eating food
- When assisting someone who is sick
- Before and after treating a cut or wound

Tip: If soap and water are not available, use hand sanitizer with at least 60% alcohol.

WASH YOUR HANDS TO REMOVE GERMS

1. Wet hands with clean running water
2. Use soap to lather hands fully: palms, back of hands and between fingers and nails
3. Scrub for at least 20 seconds (about as long as it takes to sing the ABC's)
4. Rinse hands well under clean running water
5. Dry hands with a clean towel or air dry

Source: Centers for Disease Control and Prevention (CDC)