

# Wash Your Hands the Right Way

## Stay Healthy!

Hand washing throughout the day is one of the most important ways to keep from getting sick and spreading germs to others. Don't take this simple act for granted! Follow these tips from the Centers for Disease Control and Prevention (CDC).

**Remember...** we can find you the right information, resources and experts to help you and your family improve your health and well-being. Contact us any time.



## When

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet, changing diapers, or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage

## How

- Use warm, clean water
- Moisten hands and apply soap
- Rub hands together. Lather the backs of your hands, between your fingers and under your nails
- Scrub your hands for at least 20 seconds (hum "Happy Birthday" from beginning to end twice)
- Rinse thoroughly with clean, running water
- Dry hands with a clean towel or air dry them
- No soap and water? Rub an alcohol-based sanitizer with at least 60 percent alcohol over your hands and fingers until your they are dry.

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Turn to us—we can help.



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