

# Wash your hands

## -The right way-

### When should you wash your hands ?

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



### What is the right way to wash your hands ?

- Wet your hands with clean, running water and apply soap
- Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Needs a timer? No! Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry them.

### What if I don't have soap and clean, running water ?

- Use alcohol-based hand sanitizer that contains at least 60% alcohol.
- Hand sanitizers don't eliminate all types of germs.
- Hand sanitizers aren't effective when hands are visibly dirty.

more information>> <http://www.cdc.gov/cleanhands/>

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