

# Clean Hands— Healthy People

*“Hand washing  
is the single most  
important means of  
preventing the  
spreading of  
infection.”*

*Centers for Disease Control—  
Atlanta, GA*



## Good Health.... ....in 30 Seconds

- Wet Hands Using Warm, Running Water
- Use Soap and Scrub for 20 seconds. Practice by singing Row, Row, Row Your Boat twice or counting slowly to 20.
- Rinse with Warm, Running Water
- Dry with a Paper Towel
- Use the Towel to Turn Off the Faucet and Open the Bathroom Door

## Wash Your Hands:

- Before you eat
- Before preparing food
- After using the bathroom
- After coughing /sneezing
- After playing with pets
- After changing diapers
- After carrying the garbage or trash

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 EXTENSION

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# Good Health...



# ...In 6 Easy Steps!

# 1

## Wet

- ▶ Wet hands using warm, running water
- ▶ Wetting hands helps the soap to work.
- ▶ Soap works best with warm water.
- ▶ Washing with cold water is better than not washing at all, but warm water is best.

# 2

## Soap

- ▶ Water and soap do not kill germs- they do help make germs slippery and get washed off your hands.
- ▶ You do not need to use antibacterial soap. Plain soap is just fine.
- ▶ If only cold water is available, use a soap that lathers easily. Liquid soap works well.

# Good Health... ...in 6 Easy Steps!

# 3

## Wash

- ▶ Scrub for 20 seconds.
- ▶ 20 seconds is the time it takes to sing "Row, Row, Row Your Boat" twice.
- ▶ Taking the time to scrub is important for loosening germs
- ▶ If only cold water is available, scrub longer than 20 seconds.

# 4

## Rinse

- ▶ Once the germs are loosened, they need to be washed down the drain.
- ▶ Rinse with warm, running water.
- ▶ Communal basins or tubs of water where water is used by more than one person, are not adequate for rinsing.

# 5

## Dry

- ▶ Dry with a clean paper towel
- ▶ Drying with a clean towel helps to remove more germs.
- ▶ Pat your skin instead of rubbing to prevent chapping and cracking.
- ▶ If towels are not available it is okay to air dry your hands.
- ▶ Apply hand lotion after washing to help prevent dry skin. It is harder to wash off germs when the skin on your hands is dry and cracked.

# 6

## Turn Off Water

- ▶ Some germs can live for 2 or more hours on surfaces.
- ▶ After washing, it is important not to get germs from faucets, handles, doors, or any other surfaces back on your hands.
- ▶ Use the towel to turn off the faucet and open the bathroom door.