

# Wash Your Hands!

Washing your hands is the best way to prevent the spread of colds, flu, skin infections and stomach infections.

## **Germ**s are spread by:

- Touching your mouth or eyes
- Nail biting, thumb sucking, handling food
- Shaking hands, touching toys, door knobs or other objects

## **When to wash your hands**

### **Before:**

- Making or eating food
- Taking care of someone who is sick or has a sore.
- Putting in or taking out contact lenses.

### **After:**

- Using the bathroom
- Changing a diaper or helping someone use the bathroom
- Handling food
- Touching pets
- Sneezing or blowing your nose
- Handling garbage
- Taking care of someone who is sick or hurt.
- Playing outside.

## **How to wash your hands**

1. Wet hands
2. Soap for 20 seconds (Sing *Happy Birthday To You* two times)
3. Scrub the backs of hands, wrists, between fingers, rubbing hard.
4. Rinse with clean water
5. Dry with a towel
6. Turn off the water using the towel.

If you don't have water and soap available, you can use a waterless hand sanitizer until you can use water.

These recommendations were taken from Georgia State Public Health Department. For more information on hand washing and hygiene visit the State Public Health Website at <http://health.state.ga.us>