



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

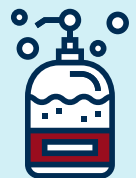
1



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