

Handwashing



The best way to prevent disease and infection is . . . FREE!

What is the best way that you can prevent disease and infection?

■ **Handwashing** is considered the most important aspect in preventing the spread of disease and infection

What happens when you do not wash your hands?

■ You pick up germs and infect yourself by touching your eyes, nose, and/or mouth

What happens when you infect yourself with these germs?

■ You expose your body to the common cold, flu, and more serious diseases such as hepatitis A, meningitis, and infectious diarrhea

When should you wash your hands?

- Before, during, and after you prepare food
- Before you eat
- After you use the restroom
- After handling animals or animal waste
- When your hands are visibly dirty
- Frequently when someone you are in close contact with is sick

What is the best way to wash your hands and prevent the transmission of disease?

- Use soap and warm, running water
- Rub hands vigorously for at least 20 seconds
- Wash all surfaces, including backs of hands, wrists, between fingers and under fingernails
- Rinse thoroughly
- Dry hands with a clean paper towel
- Turn water off using paper towel instead of bare hands

What is the best way to use sanitizer if soap and water is not available?

- Generously cover front and back of hands and wrists with sanitizer
- Make sure to cover the areas between fingers and around/under fingernails
- Rub hands briskly until absorbed
- If used after washing hands, rinse and dry hands first, then apply sanitizer for extra protection against bacteria

Five ways diseases are transmitted in the house:

- 1.) Hands to food
- 2.) Infected infant to hands to others
- 3.) Food to hands to food
- 4.) Nose, mouth, or eyes to hands to others



- 5.) Food to hands to infants

Center for Disease Control – www.cdc.gov

Handwashing Makes CENTS

"Washing your hands regularly can certainly save a lot on medical bills.

Because it costs less than a penny, you could say that this penny's worth of prevention can save you a \$50 visit to the doctor."

— **Center for Disease Control**

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