



## Hand Washing: A Simple Habit to Stay Healthy

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Here's what we need to teach to students:

### **Proper Hand Washing With Soap and Water**

- Wet your hands with clean running water. Use warm water if it is available.
- Apply soap. Rub your hands together to make a lather.
- Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Continue rubbing your hands together for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer.
- If possible, use a paper towel to turn off the faucet.

### **Proper Use of an Alcohol-based Hand Sanitizer**

Alcohol-based hand sanitizers are an excellent alternative to hand washing, particularly when soap and water aren't available. When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand
- Rub hands together
- Rub the product over all surfaces of hands and fingers until hands are dry.

### **When Should Hands be Washed?**

- Before preparing or eating food
- After going to the bathroom
- After blowing your nose, coughing, or sneezing
- Before and after treating a cut or wound
- Before and after tending to someone who is sick
- After handling trash