



# NATIONAL HANDWASHING AWARENESS WEEK DECEMBER 3-9, 2017

## WASHING IS ALWAYS IMPORTANT

Regular handwashing, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. And the best part is, handwashing is quick and simple! By following the below steps from the Centers for Disease Control and Prevention, you can protect yourself and your loved ones from illness.

If soap and water is not available, using an alcohol-based hand sanitizer can also be effective! When purchasing a hand sanitizer make sure it contains at least 60% alcohol.

## HOW TO WASH

Wash your hands in five simple steps! **Wet** your hands with clean, running water. Apply the soap and **lather** your hands by rubbing them together with the soap. **Scrub** the top and bottoms of your hands, between your fingers, and under your nails for at least 20 seconds or by singing the “Happy Birthday” song twice. After scrubbing your hands, **rinse** well with clean, running water. Then, **dry** your hands using a clean towel.



## WHEN TO WASH:

- ⇒ After blowing your nose, sneezing, or coughing
- ⇒ After using the restroom or changing a diaper
- ⇒ After touching garbage
- ⇒ After touching an animal
- ⇒ Before and after treating a cut or wound
- ⇒ Before preparing or eating food
- ⇒ Before touching your eyes, mouth, or nose

For additional handwashing information, visit [cdc.gov](http://cdc.gov).