

Clean Hands Save Lives



Keeping our hands clean is one of the most important things we can do to keep from getting sick and from spreading germs to others.



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- Keeping our hands clean is one of the most important things we can do to keep from getting sick and from spreading germs to others
- It is best to wash hands with soap and clean running water for 20 seconds
- If soap and clean water are not available, use an alcohol-based product to clean your hands



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- Alcohol-based handrubs significantly reduce the number of germs on skin and are fast acting
- When using an alcohol-based hand rub, apply the product to the palm of one hand and rub hands together. Rub the product over all surfaces of hands and fingers until hands are dry



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When should I clean my hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning a child who has gone to the bathroom
- Before and after tending to someone who is sick



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When should I clean my hands?

- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound



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Washing hands with soap and water

- **Wet your hands with clean running water and apply soap. Use warm water if it is available.**
- **Rub hands together to make a lather and scrub all surfaces.**
- **Continue rubbing hands for 20 seconds. Need a timer? Imagine singing “Happy Birthday” twice through to a friend!**



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Washing hands with soap and water

- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet

Remember: If soap and water are not available, use alcohol-based gel to clean hands.



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Cleaning hands with alcohol-based hand sanitizers

- When hands are visibly dirty, they should be washed with soap and clean running water when available.
- If soap and water are not available, use an alcohol-based product to clean your hands.



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Cleaning hands with alcohol-based hand sanitizers

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- When using an alcohol-based handrub, apply product to the palm of one hand and rub hands together. Rub the product over all surfaces of hands and fingers until hands are dry.



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