



# HANDWASHING

## Personal Health Fact Sheet



*The single most effective way to prevent the spread of any infection or bacteria is to wash your hands and children's hands thoroughly and often.*

### HANDWASHING TECHNIQUE:

- ✎ Pull down a paper towel before washing.
- ✎ Use warm running water.
  - ✓ Do **NOT** use a basin of water to wash.
- ✎ Apply liquid hand soap.
  - ✓ Liquid soap is preferred, but if you must use a bar of soap, make sure it is in a drain holder.
- ✎ Rub your hands together vigorously with soapy water to form lather. Do this for at least 20 seconds; washing the back of your hands, in between the fingers and under the nails.
- ✎ Rinse well with warm water; Do not let water run back down to your elbows.
- ✎ Dry hands with a paper towel.
  - ✓ Use a single-use paper towel or hot air dryer.
  - ✓ Do **NOT** use a hand towel.
- ✎ Use the paper towel to turn off the water and dispose of it (this helps to insure that you will not pick up new germs from the handle).



### TEACH AND SHOW CHILDREN HOW TO WASH HANDS CORRECTLY

They should wash:

- ✎ After arriving home from daycare, a friend's home or an outing.
- ✎ After touching a child who may be sick or handled soiled items before or after eating or drinking.
- ✎ After using the toilet or having their diapers changed.
- ✎ After touching pets or animals.

### WHEN TO WASH YOUR HANDS:

- ✎ After every time you go to the bathroom.
- ✎ After touching or handling infectious materials [with or without gloves] this includes; blood, drool, urine, stool or discharge from nose or eyes.
- ✎ After blowing your nose.
- ✎ Before preparing food or before eating anything.
- ✎ After touching animals.
- ✎ When hands are obviously soiled.
- ✎ After you clean up a mess.
- ✎ After you have direct contact with someone who is sick.



Sources: NYSDOH, CDC