

Wash Your Hands..

for 15-20 seconds!

Before you:

- Touch your eyes, nose and mouth
- Prepare or eat food



**hand
hygiene
saves lives**

After you:

- Use the bathroom or change a diaper
- Handle uncooked food
- Blow your nose, cough, or sneeze
- Play with a pet
- Handle garbage
- Tend to someone who is sick or injured
- Before and after you tend to a cut or wound



6 Dry with paper towel



1 Wet your hands



2 Apply solution and scrub for at least 15 seconds



5 Turn off water lever using your elbows



4 Rinse your hands



3 Scrub back of hands, wrists, between fingers and under fingernails

When 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!
- 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.

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.

For more information on hand washing please visit:

<http://mayoclinic.com/health/hand-washing/hq00407>

For more information on H1N1 please visit www.collierprepares.org