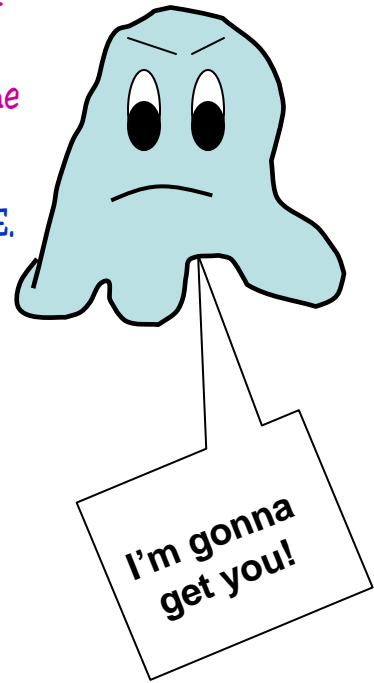


Why Wash Your Hands?

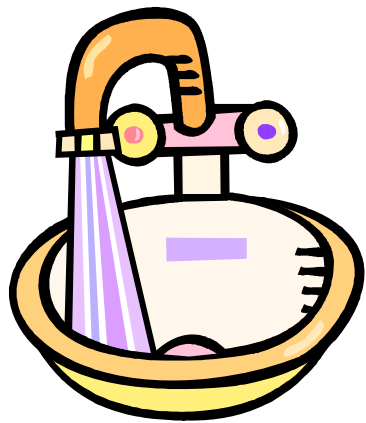
Handwashing is the single most effective way to prevent the spread of communicable diseases. It's easy to learn how to wash your hands and you can stop the spread of infection by washing them the right way.

Good handwashing can help prevent diseases such as: Shigellosis, E. Coli, Streptococcal disease, Influenza, and the Common Cold.

You should always wash your hands after blowing your nose, after being around a sick person, after cleaning, after using the restroom, before you cook, before eating, after playing with pets, before playing with babies, or whenever they get dirty.



CORRECT HANDWASHING TECHNIQUE



1. Wet hands with warm running water.
2. Add soap, then rub hands together to make a soapy lather. Make sure to wash the front and back of your hands, nails and nail beds, wrists, and between fingers.
3. Wash hands for 20 seconds or the length of singing "Happy Birthday".

4. Rinse hands with warm running water with your hands pointed down.
5. Dry hands thoroughly with a clean towel and use that towel to turn off the water and open the door.

