

The most effective way to prevent disease transmission

HAND WASHING

Wash Hands Before...



Preparing or eating food.



And after tending to the sick.



And after treating a cut or wound.



After...



Use of toilet facilities.



Diaper changing or cleaning up after a child who has gone to the toilet.



Blowing your nose, coughing, or sneezing.



Handling an animal or animal waste.



Handling garbage.

Effective Hand Washing Procedures Include the Use of the Following:

- ▶ Wet hands with warm running water and apply soap.
- ▶ Rub hands together with soap vigorously for 20 seconds.
- ▶ Rinse hands well under running water.
- ▶ Dry hands using a paper towel or air dryer.
- ▶ Use paper towel to turn off faucet.



Practice Frequent Hand Washing!