



## Delaware Association for Family & Consumer Education

*Strengthening individuals, families and communities through Continuing Education, Leadership and Community Action*

### **Keep Your Germs to Yourself...Wash Your Hands**

*Adapted by Dr. Anne Camasso, FCS Extension Educator, from www.MayoClinic.com*

Hand washing is a simple habit that can keep you healthy. Whether you use good old soap and water or alcohol based hand sanitizer, it the technique that makes a difference.

#### **Using soap and water**

- ~ Wet your hands with warm, running water and apply liquid soap or use clean bar soap. Lather well.
- ~ Rub your hands vigorously together for at least 15 to 20 seconds.
- ~ Make sure you scrub all surfaces, including your hands, wrists, between your fingers and under your fingernails.
- ~ Rinse well under running water.
- ~ Dry your hands with a clean or disposable towel
- ~ Use the towel to turn off the faucet.

***Remember your hands are only as clean as the last thing you touched!***

#### **Using alcohol base hand sanitizer**

- ~ Apply about 1/2 teaspoon of the product to the palm of your hand.
- ~ Rub hands together, covering all surfaces of your hands, until they are dry.
- ~ If your hands are visibly dirty, wash with soap and water, if available, rather than using a sanitizer.

#### **Always wash your hands:**

- ~ After using the toilet
- ~ After changing a diaper—wash the diaper wearer's hands, too.
- ~ After touching animals or after cleaning up their waste
- ~ Before and after preparing food, especially before and immediately after handling raw meat, poultry or fish
- ~ Before eating
- ~ After blowing your nose or coughing or sneezing into your hands
- ~ Before and after treating wounds or cuts
- ~ Before and after touching a sick or injured person
- ~ After handling the garbage
- ~ Before inserting or removing contact lenses
- ~ Whenever you use a public restroom

**Make sure you teach your kids the proper way to wash their hands and insist that they wash their hands properly and frequently. Tell your children to wash their hands for as long as it takes them to sing, their ABCs or the Happy Birthday song.**