

Wash those hands!

The most important thing that you can do to keep from getting sick is to wash your hands!

What happens if you do not wash your hands frequently?

You pick up germs from other sources and then infect yourself when you:

- touch your eyes
- touch your nose
- touch your mouth

One of the most common ways people catch colds is by rubbing their nose or their eyes after their hands have been contaminated with the cold virus. In addition to colds, some pretty serious diseases — like hepatitis A, meningitis, and infectious diarrhea — can easily be prevented if you make a habit of washing your hands.

When should you wash your hands?

Often. It is especially important to wash your hands:

- before, during and after you prepare food;
- before you eat;
- after you use the bathroom;
- after handling animals or animal waste;
- when your hands are dirty;
- more frequently when someone in your home is sick.

What is the correct way to wash your hands?

1. First, wet your hands and apply liquid or clean bar soap. Place the bar soap on a rack and allow it to drain.
2. Rub your hands vigorously together and scrub all surfaces.
3. Continue for 10 – 15 seconds.
4. Rinse well and dry your hands.
5. Use a towel to turn off water so you do not contaminate your hands.
6. Open the door to the bathroom using the towel.

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