Hand washing

"Hand washing is the single most important means of preventing the spread of infection."
—The Centers for Disease Control and Prevention

When to Wash Hands

- Before, during and after preparing food.
- Before eating food
- Before and after caring for someone who is sick.
- Before and after treating a cut or wound.
- After using the toilet.
- After changing diapers or cleaning up a child who has used the toilet.
- After sneezing, coughing or blowing your nose.
- After touching an animal, animal feed (or treats) or animal waste.
- After playing or working outside.
- After touching garbage.
- Whenever your hands look or feel dirty.

How to Correctly Wash Hands

- Turn on faucet. Adjust water to a warm temperature.
- Wet hands.
- Use soap. Lather well.
- Rub hands together vigorously for 10-20 seconds. Don't forget to wash between fingers, wrists and fingertips.
- Rinse hands.
- Dry hands with paper towel.
- Use paper towel to turn off water.
- Throw paper towel in trash.

For more information contact Guilford County Department of Health and Human Services, Public Health Division at (336) 641-7777 or www.myguilford.com