

## Are your hands making you sick?

*It's possible! But they don't have to!*

### Are your hands clean? Probably not!

It's so simple to clean your hands. The big payoff is much less chance of getting sick.  
Yes, really!

### How to clean?

Warm water and soap or hand sanitizer — you choose.  
Just be sure to learn the best way.

### When to clean?

Frequently!

- ▶ After the washroom
- ▶ Before cooking or eating
- ▶ After shopping (think handles of grocery carts)
- ▶ After blowing your nose, coughing or sneezing
- ▶ Whenever you come home

It's so easy to protect yourself and your loved ones!

Hand Hygiene: It's in your Hands!



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### Want to learn more?

Let's start with how best to use soap and water:

- ▶ Make sure the water is warm when you wet your hands
- ▶ Use enough soap to put suds all over your hands
- ▶ Rub your hands all over – remember between your fingers!
- ▶ Rub the tips of your fingers against your palm to clean under your nails
- ▶ Sing Happy Birthday – that's how long you should spend washing (that's 15 seconds!)
- ▶ Rinse off all the soap and dry with a clean paper towel
- ▶ Use the towel to turn off taps and open the door (and drop it in a garbage can)

### When is soap and water the best choice?

- ▶ When your hands look dirty
- ▶ When you've just used the bathroom

If you decide to use hand sanitizer, think about having a supply in your car, your purse, briefcase, work station, lunchbox – anywhere you might be glad to get rid of sick-making bugs!

### Hand sanitizers have their advantages:

- ▶ They do the best job fighting germs
- ▶ They're with you
- ▶ They're quick
- ▶ They're kinder to hands than regular soap

One last tip – don't use antibacterial soap. It helps bugs become resistant and nobody wants that. Learn more at [dobugsneeddrugs.org](http://dobugsneeddrugs.org)

Please add this simple way of staying healthy to your habits – it takes a little while to get into the routine but it's a great way to take good care of yourself.

And you're worth it – right?

Check out these websites if you'd like to learn more or watch a demonstration:

[cdc.gov/handwashing](http://cdc.gov/handwashing)

