

# Handwashing for Health

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.



*According to CDC, up to 80% of all infections are transmitted through our hands.*



## When to Wash

- ◆ After sneezing, coughing, or blowing your nose
- ◆ After having contact or taking care of an ill person
- ◆ After using the bathroom
- ◆ After handling garbage or trash
- ◆ Before, during, and after you prepare food
- ◆ Before eating
- ◆ Before and after changing a baby's diaper
- ◆ Whenever your hands are dirty
- ◆ Periodically throughout the day

## How to Wash

- ◆ Wash your hands thoroughly with warm water and soap
- ◆ Rub hands together for 20 seconds (sing the "Happy Birthday" song 2 times)
- ◆ Rinse and dry with a clean paper towel

**Remember: If soap and water are not available, use an alcohol-based hand sanitizer to clean your hands.**

Harris County

**HCPHES**

Public Health & Environmental Services

[www.hcphe.org](http://www.hcphe.org)

5/01/09