

# Clean Hands Are All About Good Health

## Why Are Clean Hands Important?

According to the Centers for Disease Control and Prevention, the single most important thing we can do to keep from getting sick and spreading illness to others is to wash our hands.

## How Should I Wash My Hands?

- 1 Wet your hands and apply liquid, bar or powder soap.
- 2 Rub your hands together vigorously, and scrub all surfaces.
- 3 Continue for 20 seconds.
- 4 Rinse well under running water.
- 5 Dry your hands using a paper towel or air dryer.
- 6 If possible, use your paper towel to turn off the faucet.

If soap and water are not available, consider wipes or gel formulas to clean your hands!



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# When Should I Wash My Hands?

- After you use the bathroom
- Before you eat
- Before, during and after you prepare food



- When your hands are dirty
- After handling animals or animal waste

- More frequently when you or someone else in your home is sick.



For more information:

[www.cleaninginstitute.org/cleanhands](http://www.cleaninginstitute.org/cleanhands)

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