

HANDWASHING

The most important thing you can do to prevent the spread of illness is to wash your hands and your children's hands thoroughly and often.

These are times when you should always wash your hands:

- ◆ After you use the bathroom or help a child use the bathroom.
- ◆ After you change a diaper.
- ◆ After you handle items soiled with body fluids or wastes such as blood, saliva, urine, stool or discharge from nose or eyes.
- ◆ Before you prepare or serve food.
- ◆ Before you eat or drink.

Teach children to wash their hands when they:

- ◆ Arrive home from day care, a friend's home, an outing or school.
- ◆ Use the toilet.
- ◆ Have contact with a sick person.
- ◆ Have handled animals.

In public bathrooms:

- ◆ Dry your hands with a single-use paper towel (or hot air blow dryer).
- ◆ If your towel dispenser has a handle, be sure to roll the paper down before you wash your hands. This helps to insure that you will not pick up new germs from the handle.
- ◆ For hand-held faucets, turn off water using a paper towel instead of bare hand so you will not pick up new germs on your clean hands.
- ◆ Open the bathroom door with the same paper towel.

HAND WASHING INSTRUCTIONS:

- * Use SOAP and RUNNING WATER.
- * RUB your hands vigorously for 20 seconds.
- * WASH ALL SURFACES, including backs of hands, wrists, between fingers, under fingernails.
- * RINSE well.
- * DRY hands with a paper towel.
- * Turn off the water using a PAPER TOWEL instead of bare hands.



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