

HANDWASH HYGIENE

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How do Germs Spread?

Germs can spread from other people or surfaces when you:

- Touch your nose, eyes, and mouth with unwashed hands.
- Touch a contaminated surface or object.
- Blow your nose, cough, or sneeze into hands or common objects.



Keeping your hands clean is the easiest, but also the most important way to remove germs, avoid getting sick, and prevent the spread of germs to others. Follow these simple steps to stay healthy.

1. Turn the faucet on to a warm, comfortable temperature.
2. Wet your hands under the running water and apply soap.
3. Rub your hands together quickly to build lather.
4. Scrub your hands, in between fingers, and under finger nails for a minimum of 20 seconds.
5. Rinse under warm water.
6. Pat hands dry using a towel and use it to turn off the faucet before discarding.

Key Times to Wash Your Hands

- After using the bathroom and changing a baby's diaper
- After tending to a sick person
- After sneezing, blowing your nose or coughing
- After touching an animal, animal feed, or waste
- Before preparing food or eating
- Before treating a cut or wound



Use hand sanitizer when you can't use soap and water



Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Read the label on the bottle to determine whether it contains at least 60% alcohol.

Hand sanitizers can reduce the amount of germs on hands in many cases, however, please remember:

- Hand sanitizers do not get rid of all germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

How to Apply Hand Sanitizer

STEP 1

Apply one squirt



STEP 2

Rub hands together



STEP 3

Rub until dry



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Did you know...

communities that are educated on proper handwashing techniques can:

- Reduce the number of people who get sick with diarrhea by 23-40%.
- Reduce diarrheal illness in people with weakened immune systems by 58%.
- Reduce respiratory illnesses, such as colds, in the general population by 16-21%
- Reduce absenteeism due to gastrointestinal illness in children by 29-57%.

Source: <https://www.cdc.gov>

