

The most effective way to prevent disease transmission

# Hand Washing

## Naturally Wash Hands

### Before...

- Preparing or eating food.
- And after tending to the sick.
- And after treating a cut or wound.

### After...

- Use of toilet facilities.
- Diaper changing or cleaning up after a child who has gone to the toilet.
- Blowing your nose, coughing, or sneezing.
- Handling an animal or animal waste.
- Handling garbage.

Effective Hand Washing Procedures Include the Use of the Following:

- Wet hands with warm running water and apply soap.
- Rub hands together with soap vigorously for 20 seconds.
- Rinse hands well under running water.
- Dry hands using a paper towel or air dryer.
- Use paper towel to turn off faucet.



## Practice Frequent Hand Washing!