

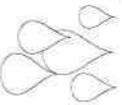
WHY SHOULD I WASH MY HANDS?

Washing your hands can help you and your family stay healthy.

Clean hands can help protect you from infectious and foodborne illnesses. If you get sick, it can keep you from passing your illness to others.

Handwashing protects your health by helping to remove dirt and germs that get on your hands during almost any activity.

If you don't wash your hands, the germs on your hands can get into your mouth, nose, eyes, cuts and scrapes, even your food, and make you sick.



BUT MY HANDS LOOK CLEAN!

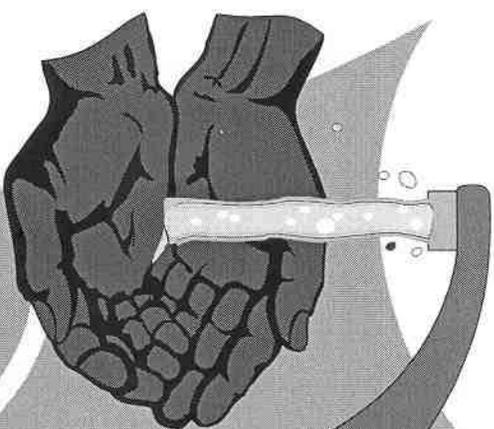
Even though your hands may look clean, they can still have dirt and germs on them. Germs are too small to see with the human eye. They can only be seen through a microscope.



COUNTY OF LOS ANGELES
Public Health

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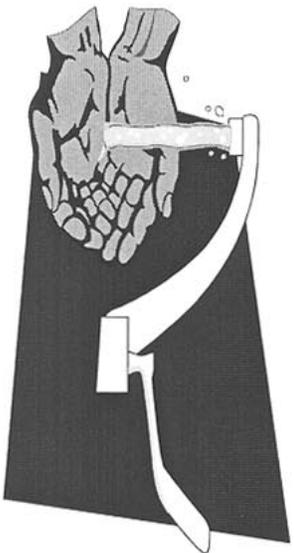
August 1996



KEYS TO HEALTH!
HANDWASHING!

WHAT IS THE RIGHT WAY TO WASH MY HANDS?

Wash your hands with warm, running water and soap for at least 10 seconds.



The water should be running.

- ◊ Moving water helps remove dirt and germs.
- ◊ Standing water allows dirt and germs that were washed off to get back onto your hands.

Your hands should be under the stream of water so the front and back of your hands, and as far up your wrists as possible, get wet.

The water should be warm.

- ◊ If the water is too hot, you can burn yourself.
- ◊ If it is too cold, the germs will not get washed off.



Get soap all over your hands.

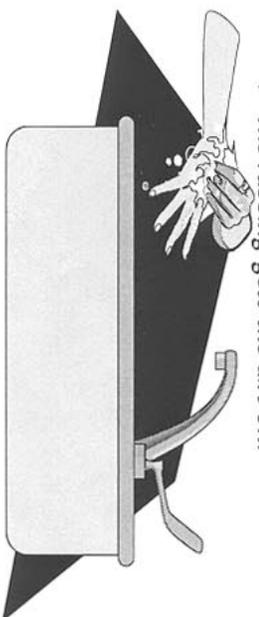
- ◊ Include the fronts and backs of your hands and as far up your wrists as you can get.
- ◊ You can use any kind of soap.



Take your hands out from under the water.

Rub your hands together to make a lather.

- ◊ Do this for at least 10 seconds.
- ◊ The lather should cover the front and back of your hands and your wrists.
- ◊ The rubbing gets the dirt off.



- ◊ Work hard on the areas between the fingers and under the nails where the dirt hides.
- ◊ You can use a sponge or cloth to help get the dirt off.
- ◊ Do not use the same cloth or sponge to wash more than one person's hands.
- ◊ Wash sponges or cloths regularly.

Rinse your hands.

- ◊ The water should run back into the sink, not down your arms.



Dry your hands completely, using a clean towel.

- ◊ Use paper towels in places where there are a lot of people.

WHEN SHOULD I WASH MY HANDS?

WASH YOUR HANDS BEFORE -

- Eating
- Feeding Children, The Ill or Elderly
- Touching Foods- Especially Foods That Won't Be Cooked
- Cooking food
- Touching or Bandaging a Cut or Scrape
- Taking Care of a Sick Person



WASH YOUR HANDS AFTER -

- Eating
- Working
- Playing
- Touching Animals
- Touching Foods - Especially Raw Meat, Poultry, Fish, and Eggs
- Using The Bathroom or Helping Others in the Bathroom
- Changing Diapers
- Cleaning Up Animal Feces
- Coughing, Sneezing or Blowing Your Nose
- Taking Care of a Sick Person
- Touching Blood or Other Body Fluids
- Touching Cuts, Sores or Rashes
- Cleaning The House

