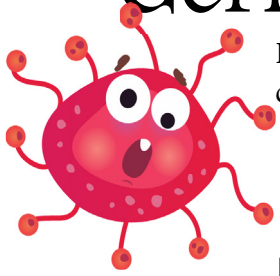# Hand Washing
Germ Fighting 101

Hand washing may be a simple task, but it is extremely important in preventing the spread of contagious illnesses. Wash your hands often to remove disease-causing germs. Wash your hands:
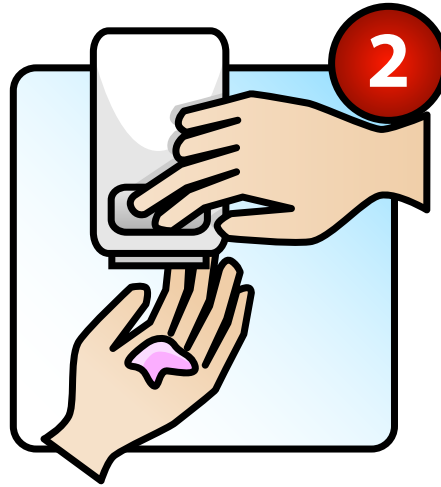
BEFORE & AFTER
- preparing meals
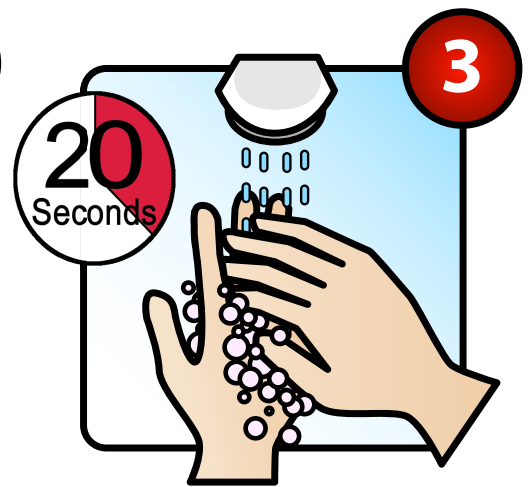- eating and/or feeding children
- giving medication

AFTER
- diapering or using the toilet
- sneezing or blowing your nose
- caring for the ill
- handling animals
- playground use
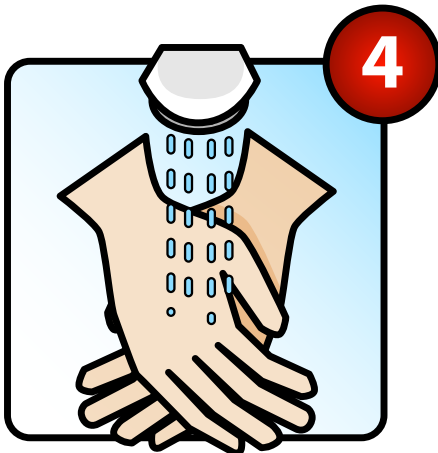- handling garbage
- whenever visibly dirty
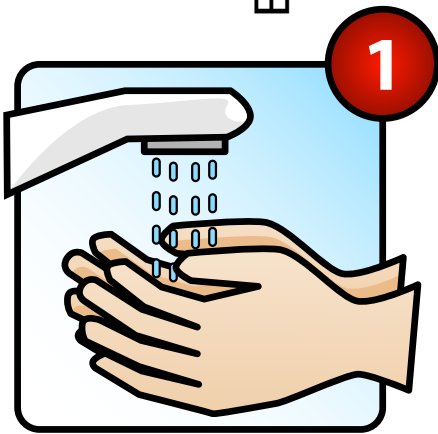
1
Wet hands with warm water. When warm water isn't available, wash for a longer time.

2
Apply regular liquid soap. Antibacterial soap is not necessary.

3
20 Seconds
Rub your hands together vigorously. Work into a lather from wrist to fingertip. Scrub under your fingernails, between your fingers, and under jewelry.

4
Wash for at least 15 to 20 seconds to ensure removal of germs. Try singing "Happy Birthday" or "Twinkle, Twinkle, Little Star" two times fast. Rinse hands completely.

5
Dry your hands thoroughly with a disposable paper towel.

6
Use a paper towel to turn off the water faucet.