

OCTOBER 2021

October 15th is National Handwashing Day- Keeping yourself and others safe from germs starts with proper handwashing and hygiene. Below are some helpful handwashing techniques and tips.

Proper handwashing technique:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

When to wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Hand Sanitizer Use:

- Hand sanitizer does not get rid of all types of germs and should not be used in place of proper hand washing
- Hand sanitizers should contain at least 60% alcohol
- Hand sanitizers may not remove heavy chemicals, metals, or pesticides from hands as handwashing could.