



# Hand Washing Awareness

Frequent hand washing is essential to preventing serious disease and illness. Such illnesses as the common cold, meningitis, hepatitis, and infectious diarrhea can be easily spread from one person to the next. Door knobs, water fountains, hand rails, ordinary office items, or any other things that are handled by multiple people can harbor germs that can cause severe illness. One of the best ways to prevent the common cold and such sicknesses is to avoid touching your eyes, nose, and mouth unless you have washed your hands.

The Centers for Disease Control (CDC) recommends that you always wash your hands:

- Before, during, and after preparing food
- Before eating
- After using the bathroom
- After changing a diaper
- After touching animals or handling animal waste

>Increase hand washing if someone at your home or office is sick.

The CDC estimates that 1 in 3 people do not wash their hands after using the bathroom! This one very important fact makes proper hand washing critical.

The CDC recommends these important steps for proper hand washing:

- First, rinse hands well and apply soap
- Next, rub hands together well for 60 seconds, paying attention to the entire hand area including knuckles, under finger nails, cuticles, and around rings
- Then, rinse thoroughly
- Finally, dry hands with a clean towel or napkin