

## Hand-Washing is Good Health Insurance

Hand-washing is the single most important means of preventing the spread of infection. Remember to wash your hands **BEFORE** you prepare or eat food; treat a cut or wound or tend to someone who's sick; or put in or take out contact lenses. Also remember to wash your hands **AFTER** you go to the bathroom; handle uncooked foods, especially raw meat; blow your nose; cough or sneeze; handle garbage; tend to someone who's sick; change a diaper; or play with or touch a pet, especially reptiles and exotic animals.

How to wash properly:

Wet your hands with warm water

Apply soap and scrub for at least 15 seconds. Wash the front and back of your hands and wrists, between fingers and under the nails.

Rinse well.

Dry hands with a paper towel, air dryer, or **CLEAN** hand towel.