

# Handwashing Tips

**The single most important activity people can engage in to prevent the spread of disease is frequent and proper handwashing:**

❖ **Wash your hands after:**

- Using the toilet
- Coughing or sneezing in to hands
- Engaging in any activity that may have contaminated hands

❖ **Wash you hands before:**

- Handling food
- Eating or drinking
- Smoking
- Brushing teeth
- Engaging in any activity that involves hand-to-mouth contact.

❖ **Wash your hands frequently throughout the day even if you think they don't need to be washed.**

**Wash your hands using the following procedure:**

1. Wet hands with warm water
2. Apply a generous amount of soap and lather hands well
3. Rub hands together for 20 seconds, paying special attention to the areas between fingers and under nails
4. Rinse hands thoroughly with warm water
5. Dry hands with a disposable towel
6. Use the disposable towel to turn off the faucet and open the door