



Hand Washing Rules

Always wash your hands:

- after using the toilet
- after you blow or wipe your nose
- after you play with pets
- after you play with sports equipment
- after you play outside
- after handling raw food
- before eating

Here are the steps to good hand washing:

1. Use soap and warm water.
2. Wash for at least 20 seconds (long enough to sing the "Happy Birthday" song through two times).
3. Cover your palms, the back of your hands, and in between your fingers with soap suds.
4. Make a good sudsy lather, and get underneath your fingernails and in between your fingers.
5. Rub and scrub! It is the suds and the friction that kill germs.
6. Use a clean paper towel to turn off the water faucet (remember you turned ON the faucet with dirty hands).
7. Dry your hands with a clean disposable paper towel.
8. Use a paper towel or the cuff of your shirt to open the restroom door when you leave (the person who left before you, and touched the door handle, might not have washed his/her hands properly).

About Using Antibacterial Hand Cleaners

Antibacterial hand cleaners will not keep you from getting sick. Though antibacterial cleaners do kill most bacteria, these products are not effective against viruses. Washing your hands can cut down on the spread of viruses.

Soaping up with warm water is the Number 1 way to fight against cold and flu viruses. The type of soap you use does not matter. Any liquid or bar soap works just fine in protecting you against colds and infections. (University of Illinois at Chicago Medical Director)