

How to Clean Your Hands

Keeping your hands clean is the single most effective way to prevent the spread of diseases such as influenza. Proper technique is easy to learn and can help keep you and your family healthy. Alcohol-based hand cleaners are as effective as soap and water when your hands are not visibly soiled. Soap and water are needed to remove soil and debris from visibly soiled hands.

Correct handwashing steps:

- ◆ Wet hands with warm water
- ◆ Apply soap to all areas of hands and fingers for at least 15 seconds
- ◆ Rub well under and around nails
- ◆ Rinse well
- ◆ Leave the water running and dry hands with a paper towel or dryer

- ◆ Use a paper towel to turn off the water faucet and open the door

Correct steps for alcohol-based hand cleaners:

- ◆ Apply enough gel or foam to cover the entire surface of hands and fingers
- ◆ Rub the gel or foam into hands until dry (15-30 seconds)
- ◆ Rub well under and around nails



The simplest way to prevent the spread of infection is to wash your hands.

While the government, your employer and other groups are working hard to prepare for pandemic flu, you must be in charge of your own safety. These are simple steps that you can take to