

Hand Washing

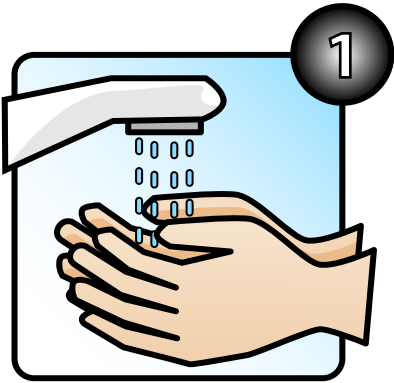
Proper hand washing is a good health habit that is extremely important in preventing the spread of contagious illnesses, like the flu. Wash your hands often with soap and warm water to remove dirt, debris, and germs. Wash your hands:

BEFORE & AFTER

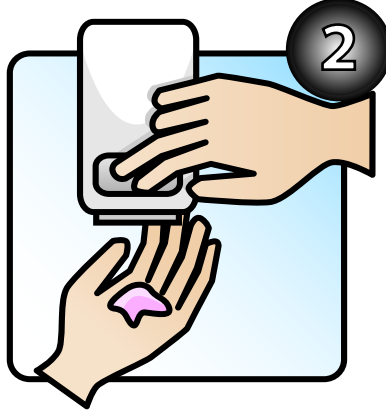
- preparing meals,
- eating,
- feeding children, and
- giving medication.

AFTER

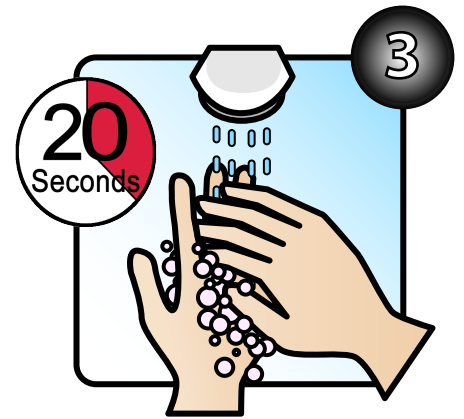
- diapering or using the toilet,
- sneezing or blowing your nose,
- caring for the ill,
- handling animals,
- playground use,
- handling garbage,
- after touching public surfaces, and
- whenever visibly dirty.



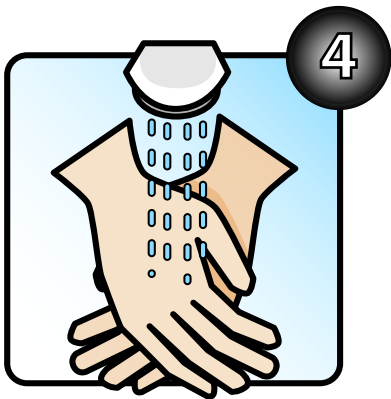
Wet hands with warm water. When warm water is not available, wash for a longer period of time.



Apply regular liquid or bar soap to hands. Antibacterial soap is NOT necessary.



Rub hands together and work into a lather from wrist to fingertip. Scrub under fingernails, between fingers, back of hands, and under jewelry. Wash for at least 20 seconds to ensure removal of dirt and germs.



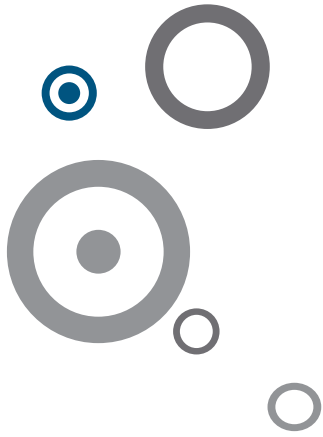
Rinse hands completely with warm water.



Dry hands thoroughly with a clean towel.



Use the towel to turn off the water faucet to not dirty freshly cleaned hands.



For more information about the flu, visit the Texas Extension Disaster Education Network (EDEN) website at texashelp.tamu.edu.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Produced by AgriLife Communications
The Texas A&M University System July 2010

Josefa B. Peña, MPH, Program Specialist- Adult Health