



The Centers for Disease Control (CDC) has provided recommendations and reminders for handwashing techniques as an effective method to help prevent the spread of germs and illness. Share these tips with employees and use the following link to visit the CDC website for more information.

CHECK OUT THESE ADDITIONAL RESOURCES

- > [CDC's National Handwashing Campaign](#)
- > [When and How to Wash Your Hands](#)
- > [Video on Important Hand Washing Information](#)

CLEAN HANDS SAVE LIVES

Handwashing is one of the best ways to protect yourself and your family from getting sick. You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs.

- > Before, during, and after preparing food
- > Before eating food
- > Before and after caring for someone at home who is sick
- > Before and after treating a cut or wound
- > After using the toilet
- > After blowing your nose, coughing, or sneezing
- > After touching an animal, animal feed, or animal waste
- > After touching garbage

FOLLOW THESE STEPS

1. **Wet** your hands with clean, running water and apply soap
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers and under your nails.
3. **Scrub** your hands for at least 20 seconds.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

USE HAND SANITIZER WHEN YOU CAN'T USE SOAP AND WATER

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

