

**The most important thing you can do to prevent the spread of illness is to wash your hands and your children's hands thoroughly and often.**

## **This is how you should wash your hands:**

- Rub your hands together for 20 seconds using warm water and soap. Make sure there are lots of bubbles.
- Wash under fingernails, between fingers, back of hands and wrists.
- Rinse your hands well under running water.

### **In public bathrooms:**

- Dry your hands with a single-use paper towel (or hot air blow dryer).
- If a towel dispenser has a handle, roll the paper down before you wash your hands. This will not pick up new germs from the handle.
- For hand-held faucets, turn off water using a paper towel instead of bare hands so you will not pick up new germs on your clean hands.
- Open the bathroom door with the same paper towel.
- In the home, change hand washing towels often.

## **These are times when you should wash your hands:**

- After you use the bathroom or help a child use the bathroom.
- After you change a diaper.
- After you handle body fluids or wastes such as blood, drool, urine, stool or discharge from nose or eyes.
- After you clean up messes.
- After you handle a sick child.
- Before you prepare or serve food.
- Before you eat or drink.

## **Teach and show children how to wash hands correctly. They should wash when:**

- they arrive home from day care, a friend's home, an outing or school.
- they use the toilet or have their diapers changed.
- they have touched a child who may be sick or have handled soiled items.
- they eat or drink.

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