



# Hand washing

## Why is hand washing a good practice

Handwashing is the easiest and most effective way to prevent the spread of germs! All kinds of germs “hitchhike” on our hands, and are invisible to the naked eye. Germs can make us sick with illnesses such as colds and the flu. Germs can be transferred from our dirty hands when we touch our nose, mouth, eyes, or an open wound. Don’t wait for your hands to look dirty before you wash them, and always make sure to wash your hands before you eat!



## When to wash your hands

Wash your hands:

- Before:
  - Preparing food
  - Eating food
- After:
  - Using the washroom
  - Handling raw meats
  - Coughing, sneezing, etc.
  - handling garbage

## Helpful tips:

- 20 second is the amount of time it takes you to sing Happy Birthday twice!
- Don’t forget to rub palm to palm, between fingers and thumbs, and the backs of your hands

## Steps of hand washing

1. Turn on tap and wet hands
2. Apply soap
3. Rub hands for 20 seconds to produce lather
4. Rinse away germs
5. Dry hands with a paper towel
6. Turn off tap with paper towel