



# Hand Washing

## HEALTH AND SAFETY BULLETIN

### Proper hand washing technique

- Wet your hands with water
- Add soap and rub hands together
- Lather your hands for a minimum of 30 seconds, making sure to reach the front and back of your hands, between your fingers, and under your nails.
- Rinse your hands well and dry thoroughly.

### Handwashing prevents the spread of disease!

Handwashing is the number one method of protecting yourself from infectious diseases and preventing infectious disease outbreaks in the community.

### Tips to stop the spread of germs

- Wash your hand thoroughly and often!
- Avoid touching your face and mouth area with unwashed hands
- Avoid touching doorknobs, keyboards, and other public surfaces
- Cough or sneeze into a tissue, or raise your arm to your face and cough or sneeze into your sleeve. Wash your hands immediately afterward
- Throw used tissues away immediately and wash your hands
- Keep frequently used home and office surfaces clean and germ-free

**WORKPLACE  
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#### HEALTH AND SAFETY QUESTIONS OR CONCERNS?

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