STOP THOSE GERMS

You can get sick from getting germs on your hands and then touching your eyes, nose, mouth or food. Prevent getting infections by cleaning your hands frequently and thoroughly.

When to Clean Your Hands?

BEFORE: Touching eyes, nose, & mouth; and preparing & eating food

AFTER: Handling garbage, animals, animal food & waste; being in the bathroom for any reason; and blowing your nose, sneezing & coughing

BEFORE & AFTER: Helping someone who is sick or injured

Cleaning with Soap and Water

1. Wet your hands with clean water.
2. Lather your hands with soap, including the backs, under nails and between fingers.
3. Scrub hands for at least 20 seconds, long enough to sing the "Happy Birthday" song twice.
4. Rinse hands thoroughly.
5. Dry hands with a clean towel or air dry.

Germs in Health Care Settings

- Providers wash hands frequently and before putting on gloves.
- Patients may ask providers to clean hands in front of you.

Using Hand Sanitizer

- Use sanitizer that's at least 60 percent alcohol.
- Rub product on hands, fingertips, thumbs, back of hands and between fingers.
- Continue rubbing hands until hands feel dry (about 20 seconds).
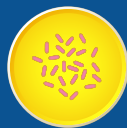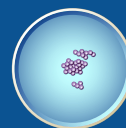
Germ Facts

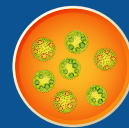**20 seconds** is needed to scrub your hands correctly.

5% of hand washers scrub for at least 15 seconds.

1 in 5 people don't wash their hands after using the bathroom.

100 MPH is how fast germs travel during a sneeze.

1 trillion is number of germs in one gram of human feces.

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