

Facts on hand hygiene

- According to the CDC, the single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands.
- Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks.
- 52.2 million cases of the common cold affect Americans under the age of 17 each year.
- Students don't wash their hands often or well. In one study, only 58% of female and 48% of male middle and high school students washed their hands after using the bathroom.
- A study of Detroit school children showed that scheduled hand washing, at least four times a day, can reduce gastrointestinal illness and related absences by more than 50%.



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Handwashing : Why is it important?

**Because your
Health Matters
to us!**

517-541-2691

Clean Hands Saves Lives!

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. However, if soap and clean water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.



When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

Remember: If soap and water are not available, use alcohol-based gel to clean hands.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand
- Rub hands together
- Rub the product over all surfaces of hands and fingers un-

til hands are dry.

When should you wash your hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound

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