

**BECAUSE WE CARE ABOUT YOUR HEALTH**

# Clean Hands Save Lives



## **Cleaning Your Hands:**

- Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.
- It is best to wash your hands with soap and clean running water (preferably warm) for 20 seconds.
- However, if soap and clean water are not available, use an alcohol-based product to clean your hands.
- Alcohol-based handrubs significantly reduce the number of germs on skin and are fast acting.

## **When using an alcohol-based hand rub:**

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



Barry Office  
330 W. Woodlawn Ave.  
Hastings, MI 49058  
(269) 945-9516

**Barry-Eaton District Health  
Department**  
Caring for the Community  
Since the 1930's

Eaton Office  
1033 Health Care Drive  
Charlotte, MI 48813  
(517) 543-2430 or  
(517) 4857110