



International Church of Christ, Nigeria

WHAT IS HANDWASHING?

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

HOW GERMS SPREAD

Washing hands can keep you healthy and prevent the spread of respiratory and diarrhea infections from one person to the next. Germs can spread from other people or surfaces when you:

- **Touch your eyes, nose, and mouth with unwashed hands**
- **Prepare or eat food and drinks with unwashed hands**
- **Touch a contaminated surface or objects**
- **Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects**

KEY TIMES TO WASH HANDS

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after preparing food**
- **Before and after eating food**
- **Before and after caring for someone at home who is sick with vomiting or diarrhea**
- **Before and after treating a cut or wound**
- **After using the toilet**
- **After changing diapers or cleaning up a child who has used the toilet**
- **After blowing your nose, coughing, or sneezing**
- **After touching an animal, animal feed, or animal waste**
- **After handling pet food or pet treats**
- **After touching garbage**

FIVE STEPS TO WASH YOUR HANDS THE RIGHT WAY



Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

- **Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.**
- **Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.**
- **Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.**
- **Rinse your hands well under clean, running water.**
- **Dry your hands using a clean towel or air dry them.**

Wash

YOUR HANDS!



Hands
that look
clean can still
have icky
germs!



www.cdc.gov/handwashing



HAND SANITIZER

- **Use Hand Sanitizer When You Can't Use Soap and Water**
- **You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.**
- **Washing hands with soap and water is the best way to get rid of germs in most situations.**

NOTE!

Sanitizers can quickly reduce the number of germs on hands in many situations.

However,

- **Sanitizers do not get rid of all types of germs.**
- **Hand sanitizers may not be as effective when hands are visibly dirty or greasy.**
- **Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.**

Thank you

