

# Stop Germs. Clean Your Hands.

The best way to stop the spread of germs is to wash your hands often with soap and water.

## Wash your hands the right way:



- 1 **Wet hands** with water.
- 2 **Apply soap** to hands.
- 3 **Rub hands together.** Rub all surfaces of hands, fingers and thumbs, including under and around jewelry, for at least **15 seconds**.
- 4 **Rinse hands** well to remove soap.
- 5 **Dry hands** with a paper towel.
- 6 **Use a paper towel** to turn off the faucet.

## Wash your hands often:

- Whenever your hands look dirty.
- After using the bathroom.
- After you cough, sneeze or blow your nose.
- Before and after you eat.
- Before you make meals or snacks, and especially after touching raw meat, like chicken, fish or beef.
- After contact with body fluids like blood, urine, saliva or vomit.
- After touching animals and pets.
- After handling trash or changing diapers.
- Before and after touching your mouth (smoking, biting nails, etc.)

## Remember to clean your fingernails:



Germs survive under and around fingernails. To reduce germs:

- Always clean the areas under your fingernails.
- Think about keeping your fingernails natural – painted and artificial nails trap more germs and are harder to clean.

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## Use hand-sanitizing gels\* the right way:

Alcohol-based sanitizing gels kill germs but do not remove dirt. So wash your hands anytime they look dirty. To use hand sanitizing gel:

1. Apply a thumbnail-sized amount of gel to the palm of one hand and rub hands together.
2. Make sure to cover all fingers and hand surfaces with the gel.
3. Rub until hands are dry.

\* Some hand sanitizers, such as towelettes and foam, may not be as effective. Read the label.

## When to use hand sanitizers:

- When you can't wash with soap and water.
- Before and after you have contact with someone who is sick.
- After you touch surfaces that others also touch, like door knobs, keyboards and telephones.
- After shaking or holding hands with someone.

## Don't let your skin get too dry:

It is important to prevent dry skin because germs attach more easily to dry skin. To help take care of your skin:

- Wash your hands with warm water, not hot water.
- Wash all the soap off your hands.
- Pat your skin dry instead of rubbing.
- Wear protective gloves when handling chemicals, including cleaning products.
- Wear warm clothing and gloves when it is cold.
- Use hand lotion often.

Spokane Regional Health District  
DIRECT | 509.324.1500  
TDD | 509.324.1464  
[www.srhd.org](http://www.srhd.org)



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