

# Clean Hands Save Lives!

- 💧 It is best to wash your hands with soap and warm water for 20 seconds.
- 💧 When water is not available, use alcohol-based products (sanitizers).
- 💧 Wash hands before preparing or eating food and after going to the bathroom.
- 💧 Keeping your hands clean helps you avoid getting sick.



## 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 caring for someone who is sick
- 💧 After handling uncooked foods, particularly raw meat, poultry, or fish
- 💧 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
- 💧 After handling items contaminated by flood water or sewage
- 💧 When your hands are visible dirty

## Using alcohol-based sanitizers

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

*Note: the volume needed to reduce the number of germs varies by product.*



## Washing with soap and water

- 💧 Place your hands together under water (warm if possible).
- 💧 Rub your hands together for at least 20 seconds (with soap if possible).
- 💧 Wash your hands thoroughly, including wrists, palms, back of hands, and under the fingernails.
- 💧 Clean the dirt from under fingernails
- 💧 Rinse the soap from your hands.
- 💧 Dry your hands completely with a clean towel if possible (this helps remove the germs), However, if towels are not available it is okay to air dry your hands.
- 💧 Pat your skin rather than rubbing to avoid chapping and cracking.
- 💧 If you use a disposable towel, throw it in the trash.



**Remember:** *If soap and water are not available, use alcohol-based hand sanitizer.*

# Safer Healthier Home

## An Ounce of Prevention Keeps the Germs Away

Follow these easy and low-cost steps to stop many infectious diseases.



### Clean Your Hands Often

Keeping your hands clean is one of the best ways to keep from getting sick and spreading illnesses.



### Use Antibiotics Appropriately

Antibiotics don't work against viruses such as colds and flu. Unnecessary antibiotics can be harmful. Antibiotics should be taken exactly as prescribed by your doctor.



### Routinely Clean and Disinfect Surfaces

Cleaning with soap, water, and scrubbing *removes* dirt and most germs. However, using a disinfectant cleaner *kills* germs, giving even better protection.



### Be Careful with Pets

Pets should be routinely cared for by a vet. Babies and children under age 5 should be watched carefully around pets and animals. Always wash hands after touching animals or animal waste.



### Handle and Prepare Food Safely

- Clean hands and surfaces often
- Separate – don't cross-contaminate one food with another
- Cook foods to proper temperatures
- Chill – refrigerate foods promptly



### Avoid Contact with Wild Animals

Wild animals can carry deadly diseases and pass them to you and your pets. Keep your house free of wild animals by not leaving any food around. Keep garbage cans sealed.



### Get Immunized

Getting immunizations is easy, low-cost, and saves lives. Make sure you and your kids get the shots suggested by your doctor.

For information about ordering brochures and posters, please visit [www.cdc.gov/ounceofprevention](http://www.cdc.gov/ounceofprevention)



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