

# Stop Germs! Stay Healthy!

## Clean Your Hands

One of the best things you can do to protect yourself from germs is to clean your hands often.

### WHEN?

- Before eating
- After using the toilet, commode or bedpan
- After blowing your nose, coughing, or sneezing



It's OK to ask those caring for you or a loved one to clean their hands.

### HOW?

**Use alcohol based hand rub (if hands don't look dirty)**

- Apply a dime size amount of hand rub to the palm of one hand and rub hands together.
- Cover both hands and don't forget the fingers.
- Keep rubbing until dry.

### OR

**Use soap and water:**

- Wet hands with running water and apply soap.
- Rub hands together to make suds. Scrub the backs of hands, between fingers, and under nails.
- Continue for at least 15 seconds. (Hum the "Happy Birthday" song from beginning to end two times.)
- Rinse hands well.
- Dry hands using paper towels or forced air.