

Clean Hands Help Prevent the Flu

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Try and avoid sneezing into your hands because you just contaminate them and then spread those germs everywhere. Focus on sneezing into your elbow like this, and then you don't contaminate your hands. Turn on the water, wet your hands, apply a good amount of soap and lather up, and then focus on washing your hands for about 20 seconds, about the time it takes to sing "Happy Birthday" twice. Focus on washing the front of your hands, the back, in between the fingers, around the nails, and so on, and then rinse everything off. Use something to wipe your hands after that, preferably something disposable, like a paper towel, and then use that to turn off the tap, as well. If you get a chance, use that to also open the door to the bathroom as you're leaving. The best way to wash your hands is using running water and soap. But sometimes we don't have that available, so think about carrying with you a hand sanitizer. That should have at least 60 percent alcohol content.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.