

Hand Hygiene Cards

- Developed 9/8/05
- To be passed out with alcohol-based hand gels in Evacuation Centers
- Suggested printing front/back on 4"x6" cards

Clean Hands Save Lives

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

It is best to wash your hands with soap and clean running water for 20 seconds.

However, if soap and clean water are not available, use an alcohol-based product to clean your hands.

Alcohol-based handrubs significantly reduce the number of germs on skin and are fast acting.

When using an alcohol-based hand rub:

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



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 tending to someone who is sick
- 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