

The Important Role of Hand Hygiene

If soap and clean water are not available, use an alcohol-based hand rub to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.



1 Apply product to the palm of one hand.



2 Rub hands together.



3 Rub the product over all surfaces of hands and fingers until hands are dry.

Washing with soap and water is the easiest and most effective way to prevent illness.



1 Wet your hands with clean running water and apply soap. Use warm water if it is available.



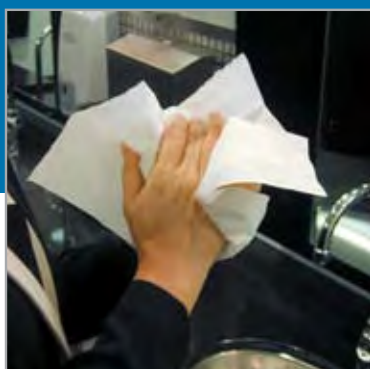
2 Rub hands together to make a lather and scrub all surfaces.



3 Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.



4 Rinse hands well under running water.



5 Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

How to wash and sanitize your hands

For more information on the benefits of hand hygiene visit <http://www.cdc.gov/Features/HandWashing>

