

# PUBLIC HEALTH FACT SHEET



The most important thing you can do to prevent the spread of illness is to wash your hands and your children's hands thoroughly and often.

## Handwashing

### This is how you should wash your hands:

- Rub your hands together vigorously for at least 20 seconds using warm running water and soap. Make sure you have lots of bubbles.
- Wash under fingernails, between fingers, back of hands and wrists.
- Rinse your hands well under running water.

#### In public bathrooms:

- Dry your hands with a single-use paper towel (or hot air blow dryer).
  - If your towel dispenser has a handle, be sure to roll the paper down before you wash your hands. This helps to insure that you will not pick up new germs from the handle.
  - For hand-held faucets, turn off water using a paper towel instead of bare hands so you will not pick up new germs on your clean hands.
  - Open the bathroom door with the same paper towel.
- In the home, change handwashing towels often.

### These are times when you should wash your hands:

- After you use the bathroom or help a child use the bathroom.
- After you change a diaper.
- After you handle items soiled with body fluids or wastes such as blood, drool, urine, stool or discharge from nose or eyes.
- After you clean up messes.
- After you handle a sick child.
- Before you prepare or serve food.
- Before you eat or drink.

### Teach and show children how to wash hands correctly. They should wash when:

- they arrive home from day care, a friend's home, an outing or school.
- they use the toilet or have their diapers changed.
- they have touched a child who may be sick or have handled soiled items.
- they eat or drink.

OVER



# HAND WASHING INSTRUCTIONS

Use SOAP and RUNNING WATER

RUB your hands vigorously for 20 seconds

WASH ALL SURFACES, including:

- backs of hands
- wrists
- between fingers
- under fingernails

RINSE well

DRY hands with a paper towel

Turn off the water using a PAPER TOWEL instead of bare hands

**For more information on Handwashing, call (248) 858-1406 or toll free 1 (800) 848-5533.**

**For additional copies, visit our website at [www.oakgov.com/health](http://www.oakgov.com/health) or contact:**

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