



## Proper Hand Washing

<p><b>What can I do to prevent becoming sick?</b></p>	<ul style="list-style-type: none"> <li>• The most important thing to do is to wash your hands often.</li> <li>• Frequent hand washing helps remove germs that may have been transmitted from other people, contaminated surfaces, or from animals and animal waste.</li> </ul>
<p><b>What happens if hand washing is not done frequently?</b></p>	<p>Germs can be spread from many sources and easily infect you.</p> <p>Infection can happen when a person touches their eyes, nose and mouth after touching items that were contaminated.</p> <p>The most common way people catch a cold is by rubbing and touching their nose or eyes after their hands have been contaminated with a cold virus.</p> <p>If hands are not washed frequently germs can directly spread from person to person.</p> <p>In addition to colds, other serious diseases – like hepatitis A, meningitis, and infectious diarrhea – can easily be prevented if hand washing becomes a habit.</p>
<p><b>When should you wash your hands?</b></p>	<p>Hands should be washed often. Germs cannot be seen or smelled.</p> <p><b>It is especially important to wash your hands:</b></p> <ul style="list-style-type: none"> <li>• Before, during, and after you prepare food</li> <li>• Before eating</li> <li>• After using the restroom</li> <li>• After handling animals or animal waste</li> <li>• Whenever hands are dirty</li> <li>• When someone in your home is sick</li> </ul>
<p><b>What is the correct way to wash your hands?</b></p>	<ul style="list-style-type: none"> <li>• First, <b>wet your hands with warm water.</b> Then apply liquid or clean bar soap. Place bar soap on a rack and allow it to drain.</li> <li>• Next, <b>rub your hands vigorously</b> together and scrub all surfaces.</li> <li>• <b>Continue for 20 seconds.</b> It is the soap combined with the scrubbing action that helps dislodge and remove germs.</li> <li>• <b>Rinse well</b> and dry your hands.</li> <li>• If you cannot wash your hands with soap and water, use an alcohol-based hand sanitizer or a moist towelette with antibacterial chemicals. Apply hand sanitizer to palm of one hand and rub hands together, covering all surfaces of hands and fingers.</li> </ul> <p><b>It is estimated that one out of three people do not wash their hands after using the restroom. These tips are very important when out in public.</b></p>

For more information, contact the San Bernardino County Department of Public Health at 1(800) 782-4264, or visit our website at [www.sbcounty.gov/prp](http://www.sbcounty.gov/prp)