Handwashing

By Nurse Titi
Videos

Wash Your Hands Song
Hand washing is by far the best way to keep from getting sick. It is the best way to prevent the spread of germs.
When?

- before eating
- after using the bathroom
- after blowing your nose, coughing, or sneezing
- after being outside
- after touching pets and other animals
How?

- Wet your hands water and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel
- USE hand Santazer if no soap and water
What else can I do to prevent germs from spreading

- Stay home if you are sick
- Use a tissue to cough or sneeze - not your hand
THANK YOU