

Proper hand washing can prevent 30% of diarrhea-related sicknesses and about 20% of respiratory infections.

When to Wash:

BEFORE...

- ✓ Eating a meal or snack
- ✓ Preparing a meal
- ✓ Caring for someone who is sick
- ✓ Treating a cut or wound

AFTER...

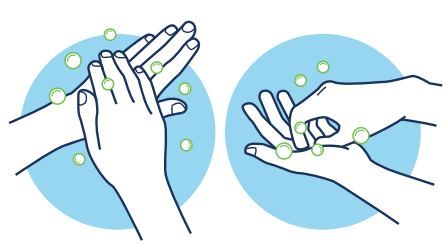
- ✓ Using the bathroom or changing diapers
- ✓ Blowing your nose, coughing or sneezing
- ✓ Taking out the trash
- ✓ Touching animals or pet food
- ✓ Shopping
- ✓ Touching money



5 Easy Steps:



1 WET – your hands then apply soap



2 LATHER – rub the front and back of your hands, don't forget between your fingers and under the nails



3 SCRUB – for at least 20 seconds (sing “Happy Birthday” two times)



4 RINSE – using clean, running water



5 DRY – air dry or use a clean towel

Disclaimer: Please note that these tip sheets are educational and are not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.

#ibpwellnesstips
Healthier Together