

Handwashing Quiz

1. Just rinsing your hands with water will do the job. **True or False**
2. Using hot or warm water will clean your hands best. **True or False**
3. I should wash for at least 20 seconds. **True or False**
4. It is okay to wash only your palm and fingers. **True or False**
5. It is best to dry my hands on my jeans. **True or False**

Tip: Rather than counting for 20 seconds while washing your hands, sing “Happy Birthday” twice through to a friend.

Protect Yourself From Influenza

Washing your hands is a common sense, non-medical step you can take to protect yourself, your coworkers, and your loved ones. Washing your hands properly and at the correct times can significantly limit the spread of influenza. Remember to use hand sanitizer when soap and water are not available.



Quiz Answers:

1. False
2. False
3. True
4. False
5. False



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Stop Spreading Germs!



Use Good Hand Hygiene.

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Why Wash?

Keeping hands clean is one of the most important steps to avoid spreading germs to others. Most germs are harmless, but you can pick up some that cause illnesses.



It is best to wash your hands with soap and clean running warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub, such as hand sanitizer gel.

Forgetting to wash your hands, or not washing them properly, causes the spread of germs to other people and/or to yourself by touching your eyes, mouth, nose, or cuts on your body.

When Wash?

You should wash your hands when they appear dirty. It is important to wash your hands in the following situations:

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up after a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound



How to Wash?

With soap and water:

- Wet your hands with clean warm running water and apply soap
- Rub hands together to make a lather and scrub all surfaces
- Continue rubbing your hands for 20 seconds
- Rinse hands under running water
- Dry your hands with a paper towel or air dryer
- Use paper towel to turn off faucet

With alcohol-based hand sanitizer:

- Apply the gel to the palm of your hand
- Rub hands together
- Rub the gel over all surfaces of hands and fingers until hands are dry

