



## Why is hand washing so important?

The best prevention against disease is hand washing.

Hand washing can prevent the transmission of many types of germs: bacteria, viruses and fungi.

Some of the illnesses that hand washing can help prevent are:

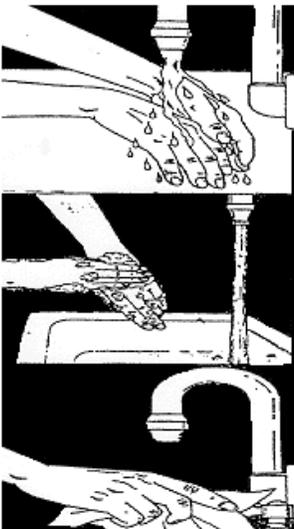
- the common cold (rhinovirus)
- the flu (influenza)
- stomach illnesses (caused by *Shigella*, *Salmonella*, *E. coli*)
- Hepatitis A



### When to wash your hands???

- The most important time to remember to wash your hands is after using the toilet.
- After playing with animals.
- Before eating, preparing or handling food.
- After coughing, sneezing, or blowing your nose.
- After handling money.

### Hand Washing



#### The best way to wash your hands....

- When washing your hands, make sure to use a lot of soap.
- When washing hands, use warm water.
- When washing hands, rub hands together vigorously.
- When washing hands, rub together for 20 seconds.
- The most important part of your hands to wash is under the fingernails.
- After washing hands, use a paper towel to turn off the faucet.