

Hand Washing Guidelines

Why wash hands?

- Hand washing is the most effective way to remove germs from hands and helps prevent infections because-
 - People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.
 - Germs from unwashed hands can get into foods and drinks while people prepare or consume them.
 - Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.
 - Removing germs through hand washing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

When should students wash hands?

- Before eating food
- Before and after treating a cut or wound
- Before and after self-care procedures
- After using the toilet
- Before eating snacks
- After blowing nose, coughing, or sneezing
- Wash hands upon arrival at school (during times of increased risk of infection)

What is the right way to wash hands?

- Wet hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather hands by rubbing them together with the soap. Be sure to lather the backs of hands, between fingers, and under your nails.
- Scrub hands for at least 20 seconds. Hum the "Happy Birthday" song from beginning to end twice.
- Rinse hands well under clean, running water.
- Dry hands using a clean towel or air dry them.

When to use hand sanitizer?

- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do not eliminate all types of germs.
- During times of heightened risk for infection as directed by the Department of Health, hand sanitizer should not be used in place of hand washing.
- When hands are visibly dirty or greasy hand sanitizer should not be used.

How to properly use hand sanitizer-

- Apply a dime sized amount of hand sanitizer to the palm of one hand. *(At least 60% alcohol.)*
- Rub hands together covering all surfaces of hands and fingers.
- Rub until hand sanitizer is absorbed and has air dried.