

Lorain County General Health District



"For The Health of Us All"

Handwashing

The best way to prevent disease and infection is . . . FREE!

What is the best way that you can prevent disease and infection?

- **Handwashing** is considered the most important aspect in preventing the spread of disease and infection

What happens when you do not wash your hands?

- You pick up germs and infect yourself by touching your eyes, nose, and/or mouth

What happens when you infect yourself with these germs?

- You expose your body to the common cold, flu, and more serious diseases such as hepatitis A, meningitis, and infectious diarrhea

When should you wash your hands?

- Before, during, and after you prepare food
- Before you eat
- After you use the restroom
- After handling animals or animal waste
- When your hands are visibly dirty
- Frequently when someone you are in close contact with is sick

Five ways diseases are transmitted in the house:

1. Hands to food
2. Infected infant to hands to others
3. Food to hands to food
4. Nose, mouth, or eyes to hands to others
5. Foods to hands to infants

Center for Disease Control —
www.cdc.gov

What is the best way to wash your hands and prevent the transmission of disease?

- Use soap and warm, running water
- Rub hands vigorously for at least 20 seconds
- Wash all surfaces, including backs of hands, wrists, between fingers and under fingernails
- Rinse thoroughly
- Dry hands with a clean paper towel
- Turn water off using paper towel instead of bare hands

What is the best way to use sanitizer if soap and water is not available?

- Generously cover front and back of hands and wrists with sanitizer
- Make sure to cover the areas between fingers and around/under fingernails
- Rub hands briskly until absorbed
- If used after washing hands, rinse and dry hands first, then apply sanitizer for extra protection against bacteria

Handwashing Makes CENTS

"Washing your hands regularly can certainly save a lot on medical bills. Because it costs less than a penny, you could say that this penny's worth of prevention can save you a \$50 visit to the doctor."

- Center for Disease Control

07/04-P/Perfect 9/Staff/Handwashing Fact Sheet

Rev: 06/03/2015



Lorain County General Health District

9880 South Murray Ridge Rd.
Elyria, OH 44035
Elyria (440) 322-6367
Lorain (440) 244-3418
Fax: (440) 322-0911

Connect with us:
www.LorainCountyHealth.com

 @LorainCoHealth

 Lorain County General Health District