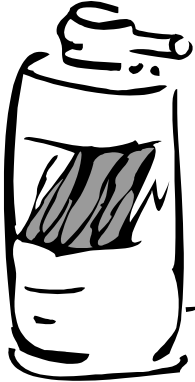


# Take Care of Your Hands

When you wash your hands often, your skin can become dry or chapped. Germs can enter the body through openings in dry, cracked skin. Here are some tips to keep from getting dry, chapped hands:



- ◆ Wash hands with warm (not hot) water.
- ◆ Use mild soap
- ◆ Pat skin dry rather than rubbing.
- ◆ Moisturize your hands often. Put lotion on while hands are still moist after washing.
- ◆ Wear gloves to protect hands from chemicals, dirt and cold weather.
- ◆ Repair hands at night, if needed, by using a hand cream with glycerin or petrolatum and wearing light cotton gloves to bed.

## For More Information

American Society for Microbiology  
<http://www.washup.org/>

Food Safety Network  
<http://www.foodsafety.gov/~fsg/handwash.html>

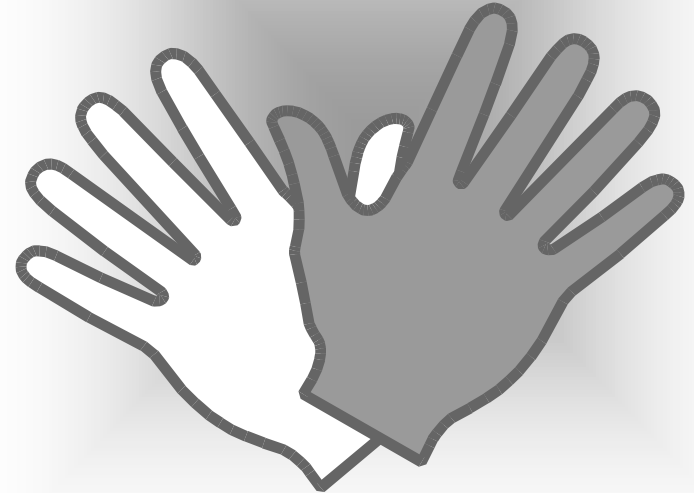
Minnesota Department of Health  
<http://www.health.state.mn.us/handhygiene/index.html>



Human  
Services

Wake County Human Services  
Communicable Disease Program  
PO Box 14049  
Raleigh, NC 27620-4049.  
(919) 250-4462 2/08

# To Fight Germs and Stop the Spread of Infection. . .



# HANDWASHING WORKS!

According to the Centers for Disease Control and Prevention, hand washing is the single most important way to prevent the spread of infection, including colds, flu, vomiting and diarrhea.

# How To Wash

1



Wet hands.

2



Add soap.

Scrub for 15-20 seconds. Rub all surfaces of the hands —backs, palms, between fingers, under nails, around cuticles and wrists. Teach children to wash as long as it takes to sing “Happy Birthday”.

3



4



Rinse.

5



Dry with a paper towel.

6



Turn off water with paper towel.

# When to Wash



- ◆ Before and after eating
- ◆ Before, during and after preparing and handling food
- ◆ After using the bathroom or helping a child use the bathroom
- ◆ After changing or checking a diaper
- ◆ After coughing, sneezing, blowing your nose and after wiping a child's nose
- ◆ After touching blood or body fluids (urine, feces, vomit, etc)
- ◆ After handling animals or their waste
- ◆ After working or playing outside
- ◆ After handling trash
- ◆ After handling money

# Hand Sanitizers

Hand sanitizers made from alcohol are a good way to clean hands when you don't have soap and water. The alcohol in them kills the germs on your hands.

Read the product directions for how much sanitizer to use. Put sanitizer on the palm of one hand. Rub hands together, covering all surfaces of the hand. Let hands air dry.

Hand sanitizers made from alcohol work fast and may cause less skin irritation than soap.

