

HANDWASHING

101 AVOID THESE 10 COMMON MISTAKES



- 01 – Reaching for the soap first.** The CDC highly recommends that you wet your hands before using soap.
- 02 – Not scrubbing long enough.** For handwashing to be effective, you need to scrub for at least 20 seconds; sing Happy Birthday twice.
- 03 – Not drying your hands.** A virus can spread more easily on wet or damp hands.
- 04 – Not washing your hands often enough.** The CDC recommends that you should wash you hands:
 - Before and after caring for someone who is sick.
 - Before, during and after preparing or eating food.
 - Before and after treating a wound.
 - After changing a diaper or assisting a child in the bathroom.
 - After coughing, sneezing, or blowing your nose.
 - After touching an animal, animal waste, or animal feed.
 - After touching garbage.
- 05 – Only using hand sanitizer.** You should only use sanitizer when soap and water are not available.
- 06 – Not using soap at all.** Soap is necessary to effective handwashing.
- 07 – Touching the faucet after washing your hands.** Use a clean paper towel to turn the water off.
- 08 – Touching the door handle after washing your hands.** Use a clean paper towel to open the door.
- 09 – Using an air dryer vs. paper towels.** An air dryer can blow infectious particles into the air.
- 10 – Forgetting the backs of your hands.** Wash them thoroughly, including in-between fingers, the backs of your hands and your fingernails.

