

HANDWASHING

The Best Way To Avoid Germs

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In This Presentation You Will Learn...

- What germs are and how they hurt you
- How germs are spread
- How to properly wash your hands

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What Germs Are And How They Hurt You

- Germs are very tiny living organisms that can multiply and grow when in the right place
- You cannot see germs unless you have a microscope
- They can make you sick by causing infections in your body

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How Germs Are Spread

- **Contact**
 - Person to person
 - Droplets from someone's cough or sneeze that land on someone
 - Touching something the germ is on
- **Airborne**
 - Germs are in the air or on the dust in the air
- **Vectors**
 - Animals or insects that have the germ and then bite a person and give them the germ

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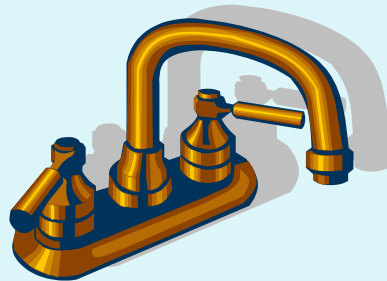
How To Properly Wash Your Hands

- Wet your hands
- Apply soap
- Rub your hands together for 10-20 seconds
- Rinse with lots of water
- Dry with paper towel
- Use paper towel to turn off faucets and open door
- Throw paper towel away
- Wash your hands after using the restroom; before eating; after coughing, sneezing or blowing your nose; and before and after visiting someone who is sick

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Wet Your Hands

- Turn on the faucets and get your hands wet



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Apply The Soap



- Use any kind of soap. The soap helps make your skin slippery so the germs wash off easy

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Rub Your Hands Together

- Rubbing your hands together loosens the dirt and germs
 - Top of hands
 - Palms
 - Between your fingers
 - Nails



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Rinse With Plenty Of Water

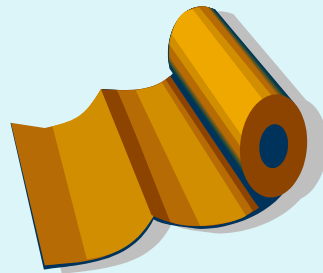
- Make sure you get all the soap off, the germs and dirt rinse off with the soap



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Dry Your Hands And Turn Off The Faucets With The Paper Towel

- Take as much paper towel as you need to get your hands dry
- Dry your hands well
- Turn off the faucets with the paper towel so you do not pick up any germs that you just washed off
- Use the paper towel to open the door
- Throw the paper towel away



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Remember!

Hand Washing is the
best way to stop the
spread of germs and
illness!

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