# PROPER HAND WASHING WORKPLACE WELLNESS PROPER HAND WASHING Wellness Tips

Proper hand washing can prevent 30% of diarrhea-related sicknesses and about 20% of respiratory infections.

## When to Wash:

#### BEFORE...

- Eating a meal or snack
- ✓ Preparing a meal
- Caring for someone who is sick
- ✓ Treating a cut or wound

### 5 Easy Steps:

#### AFTER...

- Using the bathroom or changing diapers
- Blowing your nose, coughing or sneezing
- Taking out the trash
- Touching animals or pet food
- Shopping
- Touching money





WET – your hands then apply soap



2 LATHER – rub the front and back of your hands, don't forget between your fingers and under the nails





SCRUB – for at least 20 seconds (sing "Happy Birthday" two times)

Disclaimer: Please note that these tip sheets are educational and are not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.

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Healthier Together
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RINSE – using clean, running water

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