



# Washing Your Hands

The primary and most important thing you can do to prevent the spread of many contagious diseases is to wash your hands. Use soap, and wash for at least 20 seconds, making sure to clean not only the surfaces of your hands but between your fingers and under your nails. Dry your hands thoroughly. A hand sanitizer that is at least 60% alcohol can also be used if soap and water are not readily available. Again, rub hands together until they are thoroughly dry.

1. How often should you wash your hands? Put a check mark next to each activity after which you think you should wash your hands.

eating

coughing

going to the toilet

touching animals

gardening

taking out the trash

changing a diaper

bandaging a wound

scooping after your dog

cleaning a litter box

2. Explain the best way to keep your hands clean and germ free.

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3. How can you clean your hands if soap and water is not available?

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