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Wash Hands: Fight Disease-Causing Germs

Tim Roberts*

Why Wash Hands?

Failure to adequately wash hands is a major cause of infectious diseases. Individuals who practice poor personal hygiene while preparing food may spread diseases such as hepatitis A, salmonellosis, and shigellosis. Studies indicate one-third (33%) of people do not wash their hands after using the restroom.

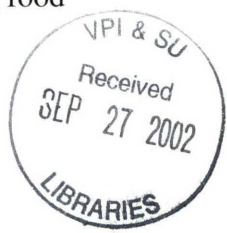
When To Wash Hands?

Wash hands often because disease-causing germs can easily be transferred to food, surfaces, and people.

Germs cannot be seen with the naked eye. Warmth and moisture (perspiration) on skin surfaces allow germs to quickly grow into millions.

Hands should be washed:

- Before, during, and after preparing food
- Before eating food
- After using the restroom
- After coughing or sneezing
- After changing diapers
- After handling money
- After handling trash or taking out garbage
- After petting an animal
- After work or play
- Whenever hands come in contact with body fluids (i.e. runny nose, watery eyes, saliva)
- More frequently when someone in the home is sick
- When hands are dirty

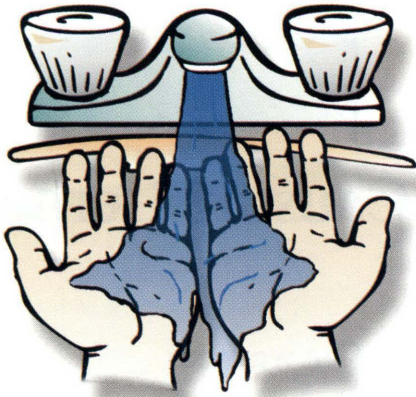


How To Wash Hands?

Hands should be washed vigorously by scrubbing with warm, soapy water for at least 20 seconds. Germs can hide underneath fingernails. Thus, rub tips of fingers along the soapy palm of the alternate hand or use a fingernail brush. Rinse hands well and completely dry with a paper towel or air-dryer. Proper handwashing steps are listed on the other side of the page.

*Assistant Professor and Extension Specialist, Food Safety, Virginia Tech



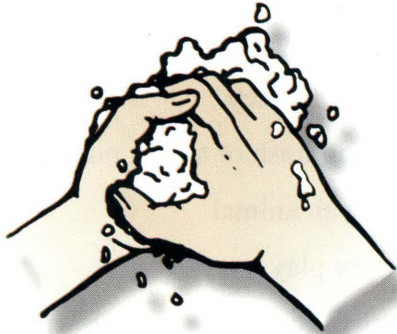


1 Wet hands.



Use soap. **2**

**THE
PROPER
WAY TO
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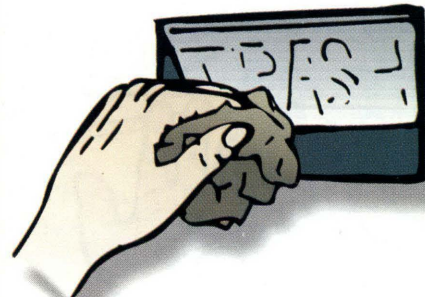
3 Wash hands and count to 20.



Rinse completely. **4**



5 Dry hands with paper towel.



Put paper towel in trash. **6**

