

PROPER HANDWASHING

How to protect your health and the health of others



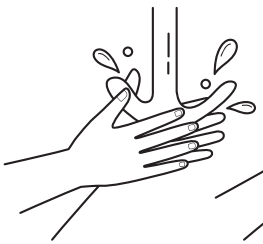
restaurant
restart | recover | re-emerge

- ✓ Soap and water are more effective than hand sanitizers at removing certain kinds of germs.
- ✓ Sanitizers are less effective than soap and water, because people may not use enough or may wipe it off before it has dried.
- ✓ Placing hand washing reminder signs in key areas is proven to increase frequency and length of handwashing.
- ✓ Hand washing does not protect people from diseases such as chicken pox, measles, influenzas, tuberculosis and mumps, which are passed through the air or by sneezing, coughing or laughing.

Source: Michigan State University Handwashing Study, CDC

HANDWASHING DONE RIGHT

1 Wet hands

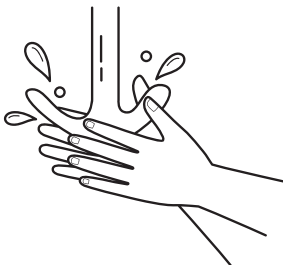


2 Use soap for 20 seconds, scrubbing all parts of hands



palm to palm & fingers interlaced | thumbs & fingertips | front/back hands & wrists

3 Rinse thoroughly with warm water



4 Dry completely with clean towel



5 Turn off faucet with towel

