WHY SHOULD I WASH MY HANDS?

Washing your hands can help you and your family stay healthy.

Clean hands can help protect you from infectious and foodborne illnesses. If you get sick, it can keep you from passing your illness to others.

Handwashing protects your health by helping to remove dirt and germs that get on your hands during almost any activity.

If you don't wash your hands, the germs on your hands can get into your mouth, nose, eyes, cuts and scrapes, even your food, and make you sick.

BUT MY HANDS LOOK CLEAN!

Even though your hands may look clean, they can still have dirt and germs on them. Germs are too small to see with the human eye. They can only be seen through a microscope.

COUNTY OF LOS ANGELES
Public Health

Acute Communicable Disease Control Unit
313 N. Figueroa, Room 212
Los Angeles, CA 90012
(213) 240-7941

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WASH YOUR HANDS AFTER:

- Taking care of a sick person
- Touching or bandaging a cut or scrape
- Cooking food
- Especially foods that won't be cooked
- Feeding children, the ill or elderly
- Caring

WASH YOUR HANDS BEFORE:

- Rub your hands together to make a lather.
- Work hard on the areas between the fingers.
- The rubbing gets the dirt off.
- The lather should cover the front and back.
- Do this for at least 10 seconds.
- Wash your hands with warm, running water and soap for at least 10 seconds.

WHAT IS THE RIGHT WAY TO WASH YOUR HANDS?

- Take your hands out from under the water.
- Get soap all over your hands.
- If the water is too hot, you can burn your hands.
- If the water is too cold, the germs will not get washed off.
- If you splash water on your wrists, you can burn the water.
- Wash hands with warm, running water to get all the dirt off.
- Stand under the water stream that moves water helps remove dirt and germs.
- The water should be warm.
- Get warm so the front and back of your hands, your hands should be under the stream of water.
- Your hands were washed off to get back onto your hands were washed off to get back onto your hands were washed off to get back onto your hands.