

# Did you wash your hands?



*Unwashed hands contribute to most food-related illnesses (resulting in approximately 9,000 deaths yearly).*

*Good hand washing is one of the most effective ways to prevent the spread of colds, flu, and other communicable diseases.*

## INFECTO

SHAC Phone: 277-3136



### **Four Steps to Clean Hands:**

1. Wet hands with warm running water. Add soap.
2. Rub hands together, making a lather away from running water for about 15 seconds (time it takes to sing "Happy Birthday" once). Wash front and back of hands, as well as between fingers and under nails.
3. Rinse hands well under warm running water. Turn off water with a paper towel and dispose in a proper receptacle.
4. Dry hands thoroughly with a clean towel.

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