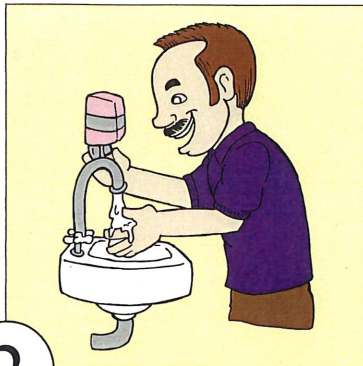


Proper Hand Washing for Caregivers

Hand washing is an important way to reduce the fecal-oral transfer of germs that cause diseases. Young children and frail elders have less ability to fight germs than others. As a caregiver you can help reduce the risk of diseases that can be transmitted in a crowded environment by using proper hand washing procedures.



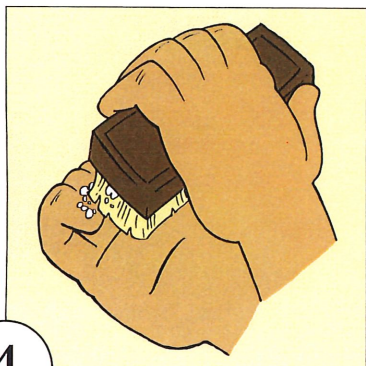
1 Remove jewelry, except for plain wedding band.



2 Use soap and running water.



3 Lather hands and wrists with soap for 20 seconds. (Sing the Happy Birthday song twice).



4 Wash the backs of hands and wrists, between fingers, and under fingernails using a nailbrush.



5 Rinse your hands and wrists under running water.



6 Use a paper towel to turn off the water. Dry hands and wrists with clean, disposable paper towels. If you use hand sanitizer, apply it now.

Wash your hands before:

- Eating and preparing foods
- Touching serving utensils
- Preparing formula for infants
- Handling ready to eat foods
- Serving foods

Wash your hands after:

- Visiting the restroom
- Covering your nose or mouth when you cough or sneeze
- Working with raw foods
- Changing diapers
- Engaging in activities outdoors
- Doing other activities that dirty your hand