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# HANDWASHING

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Follow the CDC's guide to good hand hygiene

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## How to Wash Your Hands Well:

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Let's assume that you have access to clean and running water. Here's a guide to proper handwashing technique.

- First, get your hands wet.
- Grab some soap and rub your hands together until a rich lather forms.
- Scrub your hands for at least 20 seconds. Don't miss the spots under your nails, on the backs of your hands, and between your fingers.
- Rinse your hands well with running water.
- Dry your hands. A clean towel is a great bet, as is letting your hands air dry.

That's all there is to it! Washing your hands is important for good health.

## Wash Your Hands:

The Centers for Disease Control and Prevention (CDC) insist "Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others." They recommend washing your hands often with soap and clean, running water. If clean and/or running water isn't available, soap and whatever water you can find can be a good alternative. If neither of those options are available, then you can turn to an alcohol-based hand sanitizer with at least 60% alcohol. According to the CDC, "Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs."

