



CINCINNATI HEALTH DEPARTMENT
SCHOOL HEALTH PROGRAM

HANDWASHING INFORMATION SHEET

Why is handwashing so important?

Washing your hands with soap and water is one of the most important things you can do to help stop the spread of illness and stay healthy.

When to wash your hands:

- after using the bathroom
- before and after eating
- after playing with pets
- before and after fixing food
- after changing diapers
- after sneezing or coughing
- after blowing your nose
- after playing outside
- after touching a cut or open sore or anything bloody
- whenever your hands are dirty

When in doubt, wash your hands!

How to wash your hands:

1. Wet your hands with warm, running water.
2. Add soap and rub hands together to make a soapy lather (bubbles). Rub your hands away from the running water so that you don't wash the bubbles away. Wash the front and back of your hands, between your fingers and under your fingernails. Rubbing hands together loosens germs and dirt so that they can be washed away. ***Say your ABC's and then you're done! (or sing Happy Birthday twice)***
3. Rinse your hands well under warm, running water. Let the water run back into the sink, not down your elbows.
4. Dry your hands well with a clean towel.
5. When you are away from home, turn off the water with a used paper towel before throwing the towel in the trash.
6. When you can't wash your hands, use hand sanitizer until you are able to use soap and water.