

# HANDWASHING THE RIGHT WAY

**Washing your hands frequently is a powerful way to prevent the spread of disease.** Viruses and germs aren't just spread through the air. They can live and be transmitted on the objects and surfaces you touch.

## How to Wash

A proper handwashing takes at least 20 seconds — about the time it takes to sing the “Happy Birthday” song twice.

**Wet your hands** under warm running water before using soap.

**Lather up.** Apply soap and rub your hands together hard to scrub dirt and germs away.

- Wash hands front and back, and between the fingers.
- Wash around your wrists and under your nails.

**Rinse well** in warm water.

**Dry your hands** completely with a clean cloth or paper towel. Thorough drying is important to fully remove dirt and germs.

## When to Wash

Wash your hands **before** handling food, eating, applying first aid, putting on contact lenses

Wash your hands **after** using the bathroom, coughing, sneezing or blowing your nose, playing outside, or playing with pets or animals.

Wash your **hands before and after** helping a sick person, going out to public places, or visiting places like nursing homes with many residents.



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