

Hand washing is the 20 second solution to protecting yourself from many diseases.

So remember:

Use soap

Wash often

Wash long enough

Use waterless hand sanitizer when soap and running water are not available.



General Leonard Wood Army Community Hospital  
Community Health Resource Center  
329-1935

**What's the best  
way to protect  
yourself from**

**Colds?**

**Flu?**

**Diarrhea?**

**Infection?**

# Hand Washing!

## Hand Washing!

### When:

Before you-

Touch or serve food

Eat or drink

Put in or take out contact lenses

Treat a cut, scrape, burn or blister

Take care of someone who is sick

After You-

Go to the bathroom

Cough, sneeze, or blow your nose

Handle garbage

Take care of someone who is sick

### How:

Wet your hands with clean running water and apply soap. Use warm water if it is available.

Rub hands together to make a lather and scrub all surfaces.

Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!

Rinse hands well under running water

Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet

Do not share linens or towels