

Handwashing During COVID-19

Handwashing is one of the best ways to protect yourself and your family.

How are Germs Spread?

Germs spread when you:



Touch your eyes, nose and mouth with unwashed hands.

Prepare or eat food or drinks with unwashed hands.

Touch contaminated surfaces or objects.

Blow your nose, cough or sneeze into hands and then touch other people's hands or common objects.

Best Times to Wash Hands



Before, during and after preparing food.

Before and after eating food.

Before and after caring for someone at home who is sick.



Before and after treating a cut or wound.

After using the bathroom.

After changing diapers or cleaning up a child who has used the bathroom.



After blowing your nose, coughing or sneezing.

After touching an animal, animal feed or waste.

After handling pet food or treats.

After touching garbage.

When to Wash Your Hands During COVID-19



After touching surfaces that are frequently touched.

Before touching your eyes, nose or mouth.

How to Wash Your Hands the Right Way



Wet your hands with clean water and apply soap.

Rub your hands with the soap. Rub the backs of your hand, between your fingers and under your nails.

Wash your hands for at least 20 seconds.

Rinse your hands well under clean water.

Dry your hands using a clean towel or air dry them.

Sources:

CDC: <https://www.cdc.gov/handwashing/when-how-handwashing.html>

Updated June 16, 2020