

Hand Washing 101

Hand wash Hokey Pokey

Put a blob of gel
in the palm of your hand,
Rub your nails in it
until they are good and wet.
You do the Hokey Pokey
as you rub them all around
That's how you clean your hands

Proper hand-washing techniques

Good hand-washing techniques include washing your hands with soap and water or using an alcohol-based hand sanitizer.

Antimicrobial wipes or towelettes are just as effective as soap and water in cleaning your hands but aren't as good as alcohol-based sanitizers.

Antibacterial soaps have become increasingly popular in recent years. However, these soaps are no more effective at killing germs than is regular soap. Using antibacterial soaps may lead to the development of bacteria that are resistant to the products' antimicrobial agents- making it even harder to kill these germs in the future. In general, regular soap is fine.

The combination of scrubbing your hands with soap-antibacterial or not- and rinsing them with water loosens and removes bacteria from your hands.

Proper hand washing with soap and water

*Wet your hands with warm, running water and apply liquid soap or use clean bar soap. Lather well.

- Rub your hands vigorously together for at least 15 to 20 seconds. (sing above song or happy birthday)
- Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean or disposable towel.
- Use a towel to turn off the faucet.

Proper use of an alcohol-based hand sanitizer

Alcohol-based hand sanitizers are an excellent alternative to hand washing, They're actually more effective than soap and water in killing bacteria and viruses that cause disease. Not all hand sanitizers are created equal. Use only the alcohol based products. The CDC recommends choosing products that contain at least 60 percent alcohol.

To use Alcohol Gel

- Apply about 1/2 teaspoon of the product to the palm of your hand.
- Rub your hands together, covering all surfaces of your hands, and nails until they're dry.

If your hands are visibly dirty, however, wash with soap and water, if available, rather than a sanitizer

Taken from maoclinic.com

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