



## **HAND WASHING and DISEASE PREVENTION**

**80% of diseases can be prevented with good hand washing techniques.**

### **Good Hand Washing Technique**

1. Wet both your hands with warm running water.
2. Add soap, and vigorously rub your hands together, making a soapy lather. This should be done away from the running water for 10- 15 seconds while washing between your fingers, under your nails, the front and back of your hands and your wrists
3. Rinse your hands well under warm running water with your arms tipped so that the water runs into the sink, not down to your elbows. If you are in a public place, use paper towels to dry your hands and to turn off the water. Dispose of the paper towel.
4. Dry hands thoroughly with a clean towel.

### **Common Mistakes**

- Washing hands in less than 10 seconds
- Washing with water only
- Washing hands under running water( remove your hands from under the stream of water while lathering and washing)
- Ignoring backs of the hands, areas between the fingers and fingernail beds
- Not washing before preparing food
- Using a single damp cloth to wash more than one child's face and or hands
- Using a sink full of standing water to rinse hands.
- Using a common hand towel

Wash your hands before eating or preparing food. Also wash hands after changing a diaper, outdoors activities such as playing or working, playing with pets, using the bathroom, or blowing your nose.

**The two websites below have visual demonstrations of good hand washing techniques:**

[www.health.gov.on.ca/english/public/pub/pubhealth/pdf/handwash\\_tech.pdf](http://www.health.gov.on.ca/english/public/pub/pubhealth/pdf/handwash_tech.pdf)

[http://www.foodservices.uwaterloo.ca/modules/handwashing/why\\_handwash.html](http://www.foodservices.uwaterloo.ca/modules/handwashing/why_handwash.html)