

DISTRICT HEALTH DEPARTMENT #10 RECOGNIZES GLOBAL HANDWASHING DAY

October 14, 2022 – On October 15, 2022, District Health Department #10 (DHD#10) will recognize Global Handwashing Day, a day highlighting the importance of regularly washing your hands with soap and water. Regularly washing your hands with soap and water is easy, and it is one of the most effective ways to prevent the spread of germs. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu. To put it simply, *Life is Better with Clean Hands*.

For clean hands, follow these five steps every time you wash:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Unsure of when you should wash your hands? The key is to do it before and after times you are likely to get and spread germs, such as:

- Before and after eating
- Before, during, and after preparing food
- After using the restroom
- After handling money
- After touching garbage
- After touching garbage
- After coughing, sneezing, or blowing your nose.
- After touching animals, animal feed, or animal waste
- Before and after contact with someone who is sick
- Before and after treating a cut or wound

For more information on *Life is Better with Clean Hands*, please visit www.cdc.gov/handwashing.

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