Hand Washing

Cleaning your hands is one of the best ways to prevent germs from spreading.

Washing your hands often can prevent germs that cause illness from spreading to your family, friends, and community.

When should I wash my hands?
- Before, During, and After Preparing Food
- Before Eating
- After Caring for an Ill Person
- After Playing with Animals
- After Being Outside
- After Going to the Bathroom
- After Changing a Diaper
- After Sneezing or Coughing
- After Blowing your Nose
- When your Hands are Visibly Dirty

How should I wash my hands?
1. Wet your hands under running water.
2. Add some soap and lather your hands in the places shown below for at least 20 seconds.
3. Rinse your hands with running water and dry them with a paper towel.
4. Use a paper towel to turn off the sink and open the door to exit the bathroom.

Palm to Palm
Back of Hands
Fingernails
Between Fingers
Base of Thumbs
Wrists

Acute Disease Service
Oklahoma State Department of Health
Creating a State of Health