ean Hands Save Lives Clean Hands Save Lives

Many communicable diseases could be prevented by proper hand hygiene.



When should you wash your hands?

Handwashing is the most important way to prevent the spread of infectious diseases.



When Preparing Food When You Are Sick After Using the Bathroom

Interacting with Animals

In Healthcare Settings

Before, during and after preparing food After blowing your nose, coughing, or sneezing After changing diapers or assisting someone in the bathroom

After touching an animal, animal food, waste, or its habitat

Before and after touching a patient and their surroundings

After handling raw meat, poultry, and seafood

Before and after caring for someone who is sick

Before procedures and after body fluid exposures

Before eating



Handwashing can reduce the risk of respiratory infections by 16%

Routine
handwashing can
prevent I million
deaths a year,
worldwide

Appropriate handwashing can reduce the risk of foodborne illness



Ways to Encourage Handwashing:

- 1. Find soap and products that you like
- 2. Make handwashing stations accessible at events and in workplaces
- 3. Supervise young children during handwashing
- 4. Post handwashing signs near sinks

