

## HEALTH & SAFETY: HAND WASHING

### Description of Issue and Importance

Hand washing, when done correctly, is the single most effective way to prevent the spread of communicable diseases. It is best to wash your hands with soap and clean running water.

### Recommended Action and Prevention Strategy

Use Proper Procedure for Hand washing

- Rub your hand together making a soapy lather for 20 seconds away from running water.
- Be sure to rub between fingers, front and back of hands, and under nails.
- If soap and clean water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.
- Always wash your hands before:
  - Preparing and Administering Medications
  - Preparing food and Eating
  - Treating wounds
  - Touching a sick or injured person
  - Inserting or removing contact lenses
- Always wash your hands after:
  - Preparing food, especially raw meat or poultry
  - Using the toilet
  - Changing a diaper
  - Touching an animal or animal toys, leashes or waste
  - Blowing your nose, coughing or sneezing into your hands
  - Treating wounds
  - Touching a sick or injured person
  - Handling garbage or something that could be contaminated, such as a cleaning cloth or soiled shoes

## Related Resources

Wisconsin Dept. of Health Services [www.dhfs.state.wi.us/communicable/FactSheets/Handwashing.htm](http://www.dhfs.state.wi.us/communicable/FactSheets/Handwashing.htm)

Mayo Clinic [www.mayoclinic.com/health/hand-washing/HQ00407](http://www.mayoclinic.com/health/hand-washing/HQ00407)

Centers for Disease Control and Prevention [www.cdc.gov/cleanhands](http://www.cdc.gov/cleanhands)

## Outreach Services

1-866-429-5290 • [outreach@fssa.in.gov](mailto:outreach@fssa.in.gov) • [DDRSOutreach.IN.gov](http://DDRSOutreach.IN.gov)

For related reminders and resources, please visit [DDRSOutreach.In.gov](http://DDRSOutreach.In.gov).



Indiana Family & Social Services Administration  
Division of Disability & Rehabilitative Services  
Bureau of Quality Improvement Services

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