



### **Proper Handwashing**

It is important to wash your hands frequently as you care for your loved ones. The most common times that you should wash your hands include:

- Before, during, and after food preparation
- Before and after providing care to your loved one
- Before and after treating any cuts or wounds
- After providing incontinence care
- After assisting your loved one with toileting
- After blowing your nose, coughing, or sneezing
- After handling or taking out the garbage, and
- After handling animals or animal food and waste.

### **To wash your hands with soap and water:**

- First wet your hands with clean, running water. The water can be either warm or cool.
- Apply the soap to your hands and lather your hands by rubbing them together with the soap. Make sure to lather the soap on the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. If it's helpful, hum the "Happy Birthday" song the whole way through twice.
- Once it has been 20 seconds, rinse your hands well under clean, running water. Dry your hands using a clean towel.

If soap and water are not available, you can **use an alcohol-based hand sanitizer**. To use hand sanitizer,

- Apply the gel sanitizer to the palm of one hand.
- Rub your hands together and cover all surfaces of your hands and fingers until hands are dry.
- This process should take about 20 seconds.

If you have any questions or concerns, please feel free to call the 24-hour number, 877-506-0149.