

When To Wash?

- *Before, during, and after preparing food.
- *Before eating food.
- *After using the restroom.
- *After coughing or sneezing.
- *After changing diapers.
- *After handling money.
- *After handling trash or taking out garbage.
- *After petting an animal.
- *After work or play.
- *Whenever hands come in contact with body fluids (runny nose, watery eyes, saliva).
- *More frequently when someone in the home is sick.

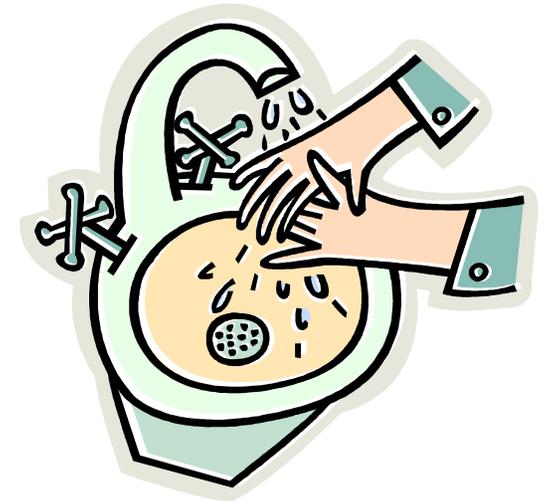


Germ City

The Food and Drug Protection Division promotes proper hand washing to protect you and your family from serious and avoidable diseases. Germ City is a fun way to learn how to wash your hands properly. For more information about Germ City contact us at the address below or visit one of our websites!



North Carolina Department
of Agriculture & Consumer Services
Food & Drug Protection Division
4000 Reedy Creek Road
Raleigh, NC 27607
Phone: 919-733-7336
Fax: 919-733-6801
www.fooddrug.com
www.ncfoodsafety.com
www.ncspanoffooddrug.com



Virus, bacteria, fungus,
and other micro organisms
multiply themselves by
thousands of times in our
hands and they do it every
twenty minutes!

Why Wash?

The main purpose of washing your hands is to cleanse them of bacteria, viruses, and chemicals which can cause disease.

>> Hands spread an estimated 80% of common infectious diseases.

>> Micro-organisms multiply in your hands and infect all things you touch, including food and other people.

Hepatitis, meningitis, colds, and all types of food borne diseases can be prevented by properly washing your hands!



How Should We Wash Our Hands?



We should all wash our hands in warm, soapy water lathering up all over our hands, getting underneath our nails and in between our fingers for at least 20 seconds.

How do we know if we have washed for 20 seconds?



Say your ABCs slowly

OR

Sing Happy Birthday to yourself



Hand Washing Technique



Start with warm or hot water.



Use soap and make a lather.



Rub and scrub thoroughly for 20 seconds.



Scrub palms, back of hands, between fingers and under fingernails.



Rinse well and use another paper towel to shut off faucet.



Dry hands completely