



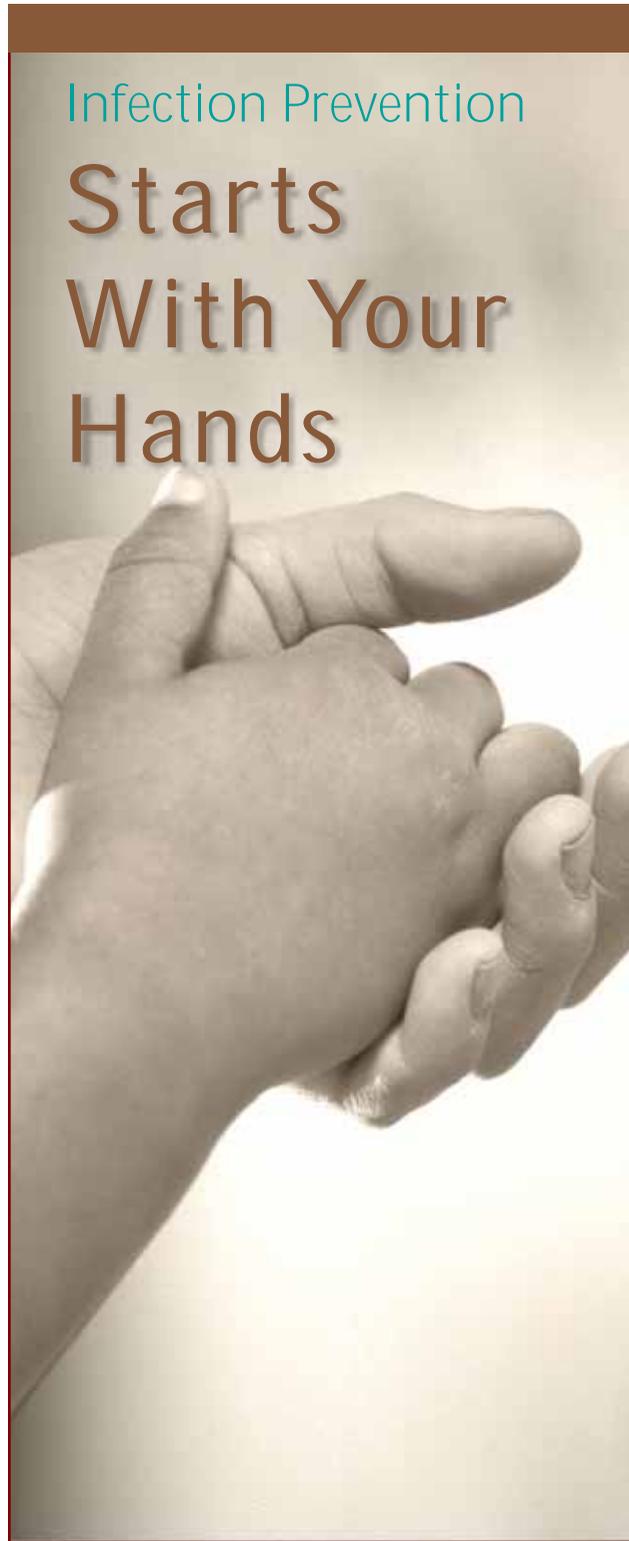
For More Information:

- www.cdc.gov
- www.kidshealth.org
- www.mayoclinic.com
- www.webmd.com
- www.henrythehand.com

Or Contact:

Southeastern District Health Department

- | | |
|---|--|
| Bannock County Office
1901 Alvin Ricken Drive
Pocatello, Id 83201
(208) 233-9080 | Caribou County Office
55 East 1st South
Soda Springs, Id 83276
(208) 547-4375 |
| Bear Lake County Office
455 Washington #2
Montpelier, Id 83254
(208) 847-3000 | Franklin County Office
42 West First South
Preston, Id 83263
(208) 852-0478 |
| Bingham County Office
412 West Pacific
Blackfoot, Id 83221
(208) 785-2160 | Oneida County Office
175 South 300 East
Malad, Id 83252
(208) 766-4764 |
| Butte County Office
178 Sunset, PO Box 806
Arco, Id 83213
(208) 527-3463 | Power County Office
590 1/2 Gifford
American Falls, Id 83211
(208) 226-5096 |



Infection Prevention Starts With Your Hands

Why Wash?

Germs are everywhere. They can live on a door-knob, a faucet, a Kleenex, or your hands for up to 24 hours. Germs can also travel through the air. Because of a simple hand shake, opening a door, or a sneeze, infection can spread throughout our community and the world.

Luckily, those infectious germs can be stopped before they make you sick. How, you may ask? By simply washing your hands. The act of properly washing your hands, and doing it often, helps prevent the common cold, the flu, and virtually all food-related illnesses.

Who would have imagined something so simple could prevent the spread of illness and keep us and those around us happy and healthy!

Remember...

"Infection Prevention Starts With Your Hands."



**"Handwashing is the single most important means of preventing the spread of infection."
~CDC**



When to Wash...

- After using the bathroom
- After changing a diaper
- Before & after eating
- After sneezing or coughing, or wiping your nose or a child's nose
- Before & after handling food, especially raw meat or poultry
- After touching unclean equipment or work surfaces
- After handling animals, their toys, leashes, or waste
- After smoking
- After handling money
- When coming in from outside
- More often when someone in your house is sick
- Whenever they look dirty

Did you know...

When soap & water aren't available you can use alcohol-based hand sanitizer.

Did you know...

Up to half of all men & a quarter of women fail to wash their hands after they have used the bathroom.



How to Wash...



#1 WET

Wet your hands first. Try to use warm water.



#3 WASH

Scrub vigorously with soap for at least 15-20 seconds! Don't forget your wrists, palms, the backs of your hands, fingers, & under fingernails.



#5 DRY

Dry your hands completely to protect against possible re-infection.



#2 SOAP

Use soap! Antibacterial soaps are not necessary; it's the scrubbing that gets stuff off your hands.



#4 RINSE

Thoroughly rinse your hands with clean water.



#6 TURN OFF WATER

Use a towel to turn off water & to open the bathroom door.