Hand hygiene- controlling infections

Controlling infection with hand hygiene

Hand-washing is an easy way to prevent infection. Bacteria and viruses can easily spread when a sick person sneezes, coughs, and talks within close distance of you. You can also get sick when you touch infected surfaces and then touch your face. A simple 20-second hand washing is one of the best ways to keep yourself healthy and stop the spread of bacteria and viruses.

Make sure to wash your hands before and after:

- Preparing and eating food
- Treating wounds or caring for a sick person
- Touching an item or surface that is frequently touched by other people, such as door handles, gas pumps, or shopping carts
- Entering or leaving a public place
- Using the toilet, changing a diaper, or cleaning up a child who has used the toilet
- Touching an animal, animal feed, or animal waste
- Blowing your nose, coughing or sneezing
- Handling garbage
- Handling pet food or pet treat

Use hand sanitizer with at least 60% alcohol content and rub it for 30 seconds when water is not available**.** If your hands are visibly soiled, wash your hands with soap and water, do not use alcohol-based handrub.

Remember a Clean hand is a Caring Hand.

To know more:

- [Why is washing my hands important?](#)
- [Hand-washing: Do's and Don'ts](#)
- [Effective Hand washing technique](#)

Your Health, Your Responsibility