

**Handy  
Tips  
for  
staying healthy**

**Washing your hands** is the easiest and most effective way to keep many germs from spreading.

Always **cover your mouth and nose** when you cough or sneeze. It's best to use a tissue and then throw it away. Always wash hands afterward.

Get in the habit of **not touching your eyes, nose, or mouth**. These are easy entry points for germs.

**Use a disinfectant** on surfaces such as door handles, phones, light switches, and computer keyboard and mouse.

**Stay away from sick people** and if you are sick, stay away from others. This includes **staying home from work when you are ill**.

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**Somerset County  
Health Department**

**Hand Washing**

**A simple solution  
to  
common illnesses**



# Cleanliness is next to healthiness

## When to wash hands

- After using the **restroom**
- After **sneezing, coughing, or blowing your nose**
- Before & after **preparing or eating food**
- Before & after **touching anyone who is sick or hurt**
- Before & after **changing a diaper**
- After **touching animals or their waste**



## Why wash hands

Many illnesses can be easily passed from person to person by touching a sick person or by touching something they touched. These illnesses include:

- Colds**
- Diarrhea**
- Flu**



(influenza), a life-threatening disease

Properly washing hands can kill many of the germs that cause these illnesses. It's so easy, why *not* do it?

## Who should wash hands

**Everyone!** Start healthy habits early by **teaching children to wash their hands correctly and often**. Some ideas to make it fun and gain cooperation:

- Use kid-appealing soap** that is colorful, scented, and/or fun-shaped
- Sing a childhood song** lasting 15-20 seconds while washing so they learn how long to wash



## How to wash hands

- Wet hands** with warm water
- Lather** both hands with soap
- Scrub hands for 15-20 seconds**, scrubbing entire hand from under the fingernails up to and including the wrist
- Rinse** hands well
- Dry hands** on clean cloth or disposable towel (if disposable, throw away after use) or allow hands to air dry

**Note:** **Hand sanitizer is a good substitute** when soap and water are not available. Use a product with 60-95% ethanol or isopropanol.