

## Importance of Handwashing

Hand washing is the best way to prevent the spread of disease. Proper handwashing can help reduce the risk of infection or spreading infection to others. It's important to wash when they are visibly dirty, after using the washroom, when preparing food, after hugging a sick child, after petting or handling a pet, handling waste/garbage etc.,

## How to wash your hands for Customers and Employees

### 1. Wet Hands

- Turn on the water and let the water run Use warm water (not too hot/not cold) Water that is too hot will damage skin and cold water is not effective. Wet hands help the soap work

### 2. Add soap to Hands

- Breaks down and lifts dirt

### 3. Lather Hands (20 to 30 seconds)

- Scrub one hand with the other as this provides mechanical action/friction to help remove the dirt, etc. Wash thumbs, back of hands, wrists, forearms, between fingers, under fingernails
- Tricks like singing the ABC song or Happy Birthday can help to ensure you are washing long enough.

### 4. Rinse Hands

- Make sure you get all of the soap off your hands. Rinse so that water runs down hands from wrists to fingertips.

### 5. Dry Hands

- Use a clean single use paper towel. Do not dry hands on cloths, aprons or clothing.

### 6. Use Towel to turn off Taps

- Use paper towel to open door if necessary and discard paper towel into waste container.

If unable to was handwash, use alcohol-based hand sanitizer if soap and water are not available