

HAND WASHING PROCEDURE

Frequent hand-washing is one of the best ways to avoid getting sick and spreading illness. As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. You can infect yourself with these germs by touching your eyes, nose or mouth, or spread them to others. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.

It's generally best to wash your hands with soap and water. Over-the-counter antibacterial soaps are no more effective at killing germs than regular soap. Follow these steps:



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Alcohol-based hand sanitizers, which don't require water, are an acceptable alternative when soap and water aren't available. If you use a hand sanitizer, make sure the product contains at least 60% alcohol.