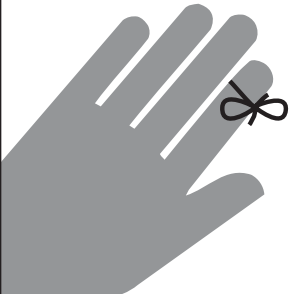




**IF YOU  
PET IT**



**DON'T  
FORGET  
IT**



**WASH  
YOUR  
HANDS**



**YOU WON'T  
REGRET IT!**

## Washing Hands Holds Keys To Better Health



- The CDC indicates that 9.3 million illnesses each year could be prevented with frequent, effective hand washing.
- Hand washing is necessary to prevent diseases. Yet many Americans underestimate the serious effect that failing to wash their hands has on personal and public health.
- A study found that most people did not wash their hands for at least 20 seconds and that less than half used soap. Many people lack knowledge about how hand hygiene impacts infection rates.

### To Help Prevent Illness, Wash Hands

- Before eating.
- Before preparing food.
- After using the bathroom.
- After coughing or sneezing.
- After playing with pets.
- After carrying the garbage or trash.
- After handling animals.

### To Wash Hands Effectively

- Wet hands using warm, running water.
- Use soap and scrub for 20 seconds.
- To time 20 seconds:
  - Sing “Row, Row, Row Your Boat” twice.
  - Or count slowly to 20.
- Rinse with warm, running water.
- Dry with a paper towel.
- Use the towel to turn off the faucet and open the bathroom door.

Learn more at [www.wvu.edu/~exten](http://www.wvu.edu/~exten)