

Yes, It Is Still Important To Wash Your Hands

West Windsor Township Health Department
Information Adapted from CDC's Project Firstline Materials



Hand Hygiene

Even though hands may look clean, germs are everywhere. Germs are not usually visible to the eye, but they can get onto many of the items we touch and can cause us to get sick.

We use the term “hand hygiene” because washing hands is not the only way to clean them. Soap and water or alcohol-based hand sanitizer can be used in most instances.

Soap and water work to remove all types of germs from hands and is more effective than hand sanitizers at removing certain kinds of germs (norovirus, Cryptosporidium, and Clostridium difficile).

Hand sanitizer acts by killing certain germs on the skin.

Our hands touch many things/surfaces throughout the day, many of which have germs on them.

Parts Of The Hand Make It Easy For Germs To Grow



Between Fingers

It is often warm and damp between fingers, making it easy for bacteria to grow.



Under Fingernails

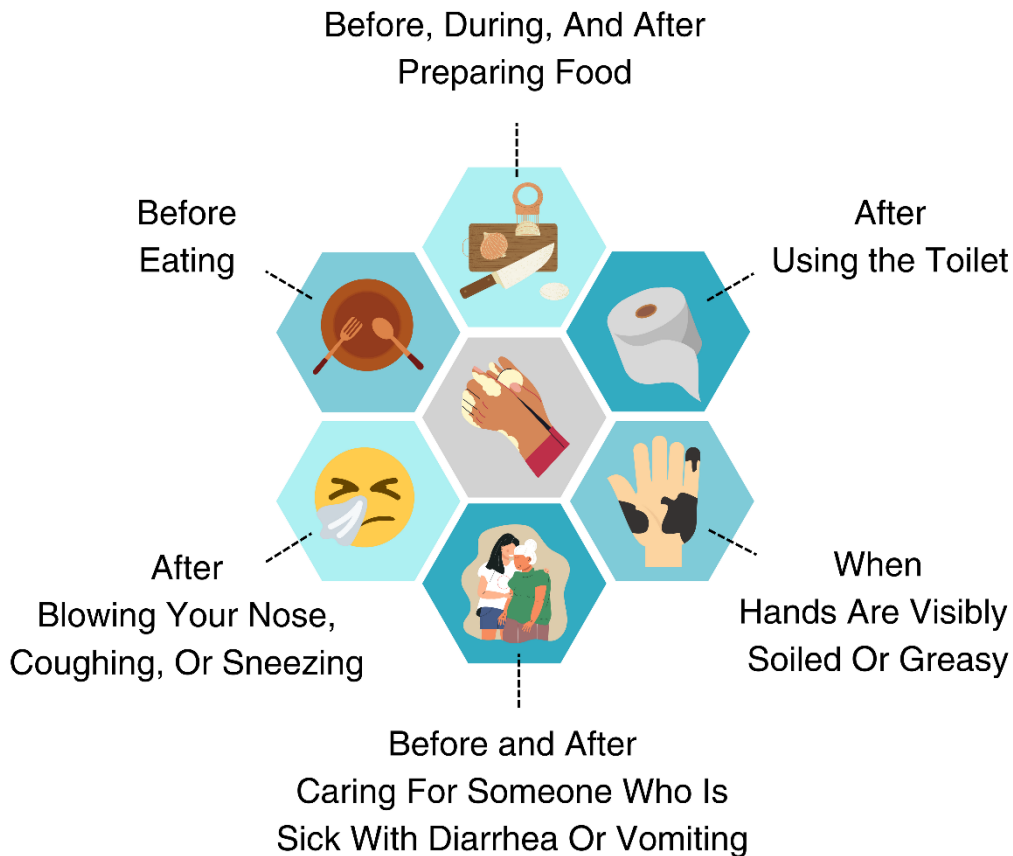
It is often warm, damp, and dark under fingernails. There can also be dirt, skin cells, and other nutrients that bacteria live and grow in. Keep fingernails short and clean.



Breaks In Skin,
Rashes, And Cuts

Injured skin are ways for germs to get from the environment to you. They are also ways for germs on you to get into the environment or to other people.

When To Wash Your Hands



Best Way To Wash Your Hands

- 1 | Wet hands with clean, running water.
- 2 | Apply a generous amount of soap and lather hands by rubbing them together.
- 3 | Scrub all parts of your hands and wrists for at least 20 seconds.
- 4 | Rinse hands under clean, running water.
- 5 | Dry hands thoroughly with a clean towel or air dryer.

[Click Here for a Printable Sign About Hand Washing](#)

Best Way To Use Hand Sanitizer

- 1 | Use hand sanitizer that contains at least 60% alcohol.
 - 2 | Put enough hand sanitizer on your hands to cover all surfaces.
 - 3 | Rub hands together until they feel dry (usually takes about 20 seconds).
- Do not rinse or wipe off the hand sanitizer before it is dry. It may not work well against germs.

[Click Here for a Printable Sign About Hand Sanitizer Use](#)