

# WASH HANDS

Seriously, you need to do this

## Proper Handwashing Technique:

Simply dipping your hands in a bit of water isn't enough to get your hands clean. Handwashing technique is important.

Wet your hands under clean running water, then grab soap. Scrub for at least 20 seconds. Scrubbing your hands creates friction, which helps remove microbes and dirt from your skin. Why 20 seconds? The CDC asserts, "evidence suggests that washing hands for about 15-30 seconds removes more germs from hands than washing for shorter periods."

After you've scrubbed your hands, rinse them thoroughly and dry them off. Why dry? It turns out that it's easier to transfer germs to and from wet hands. Who knew?

## Stop the Spread of Germs!

Handwashing is the number one way to prevent foodborne illness. The Centers for Disease Control and Prevention maintain that it is vital for reducing the spread of illness. Regular handwashing — particularly before and after certain activities like going to the restroom — is one of the best ways to remove germs and prevent the spread of germs to others.

Human feces are a source of germs like salmonella, E.coli, and norovirus. These pathogens can get onto hands after people use the restroom. If not washed off, these germs can contaminate surfaces like tabletops, door knobs, and handrails, along with getting into food and drinks.

