

# KNOW THE FACTS!

## HAND WASHING

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*Washing hands frequently and properly can reduce the risk of getting colds and communicable diseases.*

Wash your hands after...

- using the bathroom
- playing with animals
- sneezing or coughing
- touching objects used by others
- exposure to a sick person

Avoid touching your eyes, nose and mouth.

Follow these steps to make sure you have properly washed your hands...

- Wash hands in warm water, as warm as is comfortable
- Use soap and lather well
- Scrub hands thoroughly for 20 seconds (sing “Happy Birthday”)
- Don’t forget to wash your wrists, the back of your hands, between your fingers, and under/around your fingernails and rings
- Rinse hands well; downward, from wrists to fingertips
- Dry hands with a clean, dry towel or paper towel
- Use towel to turn off faucet and open door



**HAMILTON COUNTY  
PUBLIC HEALTH**

PREVENT. PROMOTE. PROTECT.

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