

# **Maintain YOUR Health!**

## **Directions for Washing Hands**

*Proper hand washing is the most important step to avoid getting sick and spreading germs. It is best to wash your hands with soap and clean running water. If soap and clean water are not available, an alcohol-based product can be used. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.*

### **HOW?**

- 🚰 Apply a generous amount of soap
- 🚰 Rub your hands together for 20 seconds
- 🚰 Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
- 🚰 Rinse your hands thoroughly
- 🚰 Dry your hands with a paper towel
- 🚰 Use the paper towel to turn off the faucet and open the door



### **WHEN?**

- ✔ AFTER going to the bathroom
- ✔ AFTER changing diapers
- ✔ AFTER touching high-hand contact surfaces, such as door knobs and railings
- ✔ AFTER helping a sick person
- ✔ AFTER blowing your nose
- ✔ AFTER handling an animal or animal waste
- ✔ AFTER handling garbage
- ✔ Before eating
- ✔ Before and after treating a cut or wound



**DEPARTMENT OF EMERGENCY MANAGEMENT**  
City and County of Honolulu  
650 South King Street ♦ Honolulu, Hawaii 96813  
(808) 723-8960 ♦ Fax (808) 524-3439  
[www.oahuDEM.org](http://www.oahuDEM.org) ♦ [dem@honolulu.gov](mailto:dem@honolulu.gov)

