



The Porcelain Post

Extension Family and Consumer Sciences strengthens individuals, families and communities through education

Research Based Information from the comfort of your throne!

EXCLUSIVE NEWS for **January**

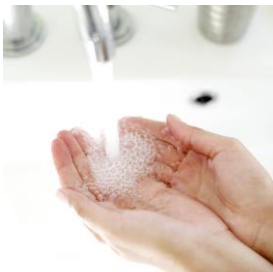
FIGHT OFF GERMS

Steps in Hand Washing

1. Wet hands with warm water
2. Apply Soap
3. Lather and scrub hands for 20 seconds
4. Rinse hands for 10 seconds
5. Dry hands
6. Turn off water with paper towel

Don't Forget to Wash

- ✓ Between fingers
- ✓ Under nails
- ✓ Tops



Washing hands is one of the best ways to fight off illness and prevents spreading germs to others. As you shake hands with others or touch door knobs and other surfaces you accumulate germs. While it is hard to keep hands germ-free, washing hands often can help prevent the spread of germs.

Always wash your hands before:

- Preparing food or eating
- Treating wounds, giving medicine, or caring for a sick or injured person
- Inserting or removing contact lenses

Always wash your hands after:

- Preparing food, especially raw meat or poultry
- Using the toilet or changing a diaper
- Touching an animal or animal toys, leashes or waste
- Blowing your nose, coughing or sneezing into your hands
- Treating wounds or caring for a sick or injured person
- Handling garbage, chemicals, or anything that could be contaminated
- Shaking hands with others.

Source: <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/hand-washing/art-20046253>

**Contact your
local Extension
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