



## Help Stop H1N1(Swine) flu In Its Tracks

### with these Fabulous Handwashing Techniques

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs - including the current swine flu virus - to others. It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.

#### **When washing hands with soap and water:**

- Wet your hands with clean running water and apply soap. Use warm water if available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. Use your paper towel to turn off the faucet

**Remember:** If soap and water are not available, use alcohol-based gel to clean hands.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand
- Rub hands together
- Rub the product over all surfaces of hands and fingers until hands are dry.

#### **When should you wash your hands?**

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound
- When they are soiled and periodically throughout the day

For more information on swine flu and preventing its spread, go to the following sites:

--The Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov/h1n1/flu>

--Sonoma County Department of Health: [www.sonoma-county.org/health/ph/news/index.htm](http://www.sonoma-county.org/health/ph/news/index.htm)