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# Hand Washing Guide

*DID YOU KNOW?*

The average person's hands  
can carry at least 3,000  
different bacteria.

*WHEN*

## to wash your hands

- Before you handle food or put anything in your mouth.
- After you cough, sneeze, or blow your nose.
- After you use the bathroom.
- After any contact with germs or dirt.

*HOW*

## to wash your hands

- Wet hands with warm water.
- Apply a generous amount of soap.
- for 30 seconds, scrub all parts of your hands and wrists.
- Rinse and dry completely.

Or use an alcohol-based Hand Sanitizer and rub until hands are dry

For more information contact Well Way at 305-995-2265

Resources: Centers for Disease Control and Prevention & University of Colorado