



BCPS Health and Safety Tips at Home, at Play and Out and About

For more information, visit the CDC handwashing
website: www.cdc.gov/handwashing



Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take avoid getting sick.

When Should I use Soap?



Before, during or after preparing food; before eating food; before and after caring for someone who is sick, treating a wound, after using the bathroom, after blowing your nose, after coughing or sneezing, after touching garbage, and if your hands are dirty.

When Should I use Hand Sanitizer?



Before and after visiting a friend or a loved one in a hospital or nursing home; or if soap and water is not available. Use an alcohol based sanitizer that contains at least 60% alcohol, and was with soap and water as soon as you can.

How should I use soap and water?



Wet your hands with clean running water (warm or cold) and apply soap. Lather your hands by rubbing them together with soap. Scrub all surfaces for at least 20 seconds. Rinse your hands under clean water, then dry your hands using a clean towel. Need a timer? Hum the "Happy Birthday" song twice!