

Health Promotion and Disease Control

Hand Washing

Hand washing is the single most important thing

Hand washing is a simple way to prevent the spread of infections, including the common cold, hepatitis A, things that cause diarrhea, and many other diseases.

Wash your hands after:

- Handling money
- Touching your ears, nose, or mouth
- Blowing your nose, coughing, or sneezing
- Caring for someone who is sick or injured
- Touching garbage
- Using the restroom
- Changing diapers



Wash your hands before and after eating or snacking.

How to wash your hands:

1. Get a paper towel before washing your hands; place it under your armpit while you wash your hands
2. Turn on the water
3. Wet your hands and wrists completely under the running water
4. Apply a small amount of soap
5. Rub your hands together to work up lather
6. Using each hand to rub against the other hand, wash all surfaces of the skin including wrists, palms, back of the hands, and each finger beginning with the space between the fingers; work outward and finish with the fingernails
7. Rinse your hands with clean water
8. Dry your hands with the paper towel that you placed under your armpit
9. Turn off the water by using the same paper towel to touch the handle
10. Use the paper towel to turn the handle of the restroom door to exit, and then discard the paper towel

Wash your hands for at least 20 seconds. You can sing the Alphabet song or

If you do not have access to soap and water, alcohol-based hand rub is also effective. If you use alcohol-based hand rub, rub your hands until they are dry. You do not need to rinse your hands with water.

How to Clean Up Blood and Other Bodily Fluids

Use precaution when cleaning up blood or bodily fluids such as urine, feces, semen, or vomit. This care will help reduce the transmission of diseases such as hepatitis or HIV, which these fluids carry. An easy way to ensure such caution is always to remember to put a barrier between you (or others) and the fluid. Here are some tips to remember.

Gloves—always wear disposable gloves when cleaning up any spill. Use gloves when picking up laundry or soiled clothing as well. Many people are allergic to latex rubber. In order to eliminate the risk of an allergic reaction, use non-latex gloves.

Gowns—wear a protective gown if there is a chance that your clothes can contact the fluids you clean up.

Plastic goggles—wear protective eye covering if there is a chance that the fluids you clean could splatter.

Cleaning supplies—use a bucket or spray bottle filled with bleach and cool water. Spray the area you want to clean. Use paper towels to clean the area after you soak it with the bleach and water solution. Put the dirty towels in a plastic garbage bag.

- For a bucket, use **one-quarter cup of bleach** mixed in **one gallon of water**
- For a spray bottle, use **one teaspoon of bleach** mixed in **one quart of water**

Make a new mix of solution every day. Do not reuse this solution.

If the amount of spill is large, you can use kitty litter to absorb the fluid. Pour the litter on top of the spill. Wait a few minutes until the fluid is absorbed. Clean up the litter and put it into a plastic garbage bag. Then clean the area with the bleach/water solution.

If you use a mop, rinse the mop in a bucket of the bleach/water solution. **Let the mop dry in the air. Throw away the solution by putting it down the drain or toilet. Do not use a sink used for food preparation.**

Put all dirty clothing or linens into a plastic garbage bag. Remove your protective gown and gloves and put them into the plastic garbage bag. Tie the bag and throw it away.

Wash your hands after you throw everything away.

If exposed to blood or other bodily fluids through a needle stick, cut in the skin, or contact with a mucous membrane, go immediately to the emergency room of the nearest hospital.