



Hand Washing Fact Sheet

MONTGOMERY COUNTY

For More Information:

www.montcopa.org

**Montgomery County
Health Department**
610-278-5117

**Montgomery County
Department of Public
Safety**
610-631-6500

**Centers for Disease Control
& Prevention**
800-CDC-INFO (232-4636)
888-232-6348 TTY
E-mail: cdcinfo@cdc.gov

Centers for Disease Control
& Prevention
[www.cdc.gov/ncidod/dg/
isolationquarantine.htm](http://www.cdc.gov/ncidod/dg/isolationquarantine.htm)

Hand washing is a simple and effective way to prevent the spread of germs.

Wash your hands:

- before preparing or eating food
- after going to the bathroom
- before and after tending to someone who is sick
- after handling garbage, or animal/human waste

It is best to use soap and clean water to wash your hands. Clean your hands with an alcohol-based gel if soap and water are not available.

Proper hand washing with soap and water:

- wet your hands under warm running water and apply soap
- rub your hands together to make a lather
- continue rubbing hands for 20 seconds and be sure to apply soap equally to entire surface of hands

Proper use of alcohol-based gels if soap and water are not available:

- apply the product to the palm of one hand
- rub hands together
- cover the surfaces of both hands with gel until both hands are dry

Avoid touching your eyes, nose or mouth after handling contaminated items.

For more information on pandemic influenza, visit the MCHD website at <http://health.montcopa.org> or contact the Montgomery County Health Department at 610-278-5117.