



Your next 20 seconds could make the difference between being healthy or being sick

...According to the Center for Disease Control (CDC), people commonly catch colds by rubbing their nose or their eyes after their hands have been contaminated with the cold virus.

The CDC recommends washing your hands with soap and water for at least **20 seconds**.

Hand Washing

When:

- You use the restroom
- After blowing your nose, sneezing, or coughing
- Before and after eating
- After scanning newspapers/magazines in the break room or lobby
- After handling money
- After using a co-worker's keyboard, mouse, phone, or tools
- Before and after shaking hands/greeting visitors in your office
- When using shared office equipment: faxes, phones, copiers, kitchen and break room appliances
- When someone in your office is sick
- If your hands are visibly dirty
- After handling garbage

How:

- Wet hands with warm water and apply soap
- Rub hands together to make a lather (away from running water so the lather isn't washed away)
- Wash front and back of hands, between fingers, under nails
- Continue washing for **20 seconds** or more; an SDA Survey (Soap & Detergent Association) reveals that most people wash for less than 10 seconds. (**'Happy Birthday' sung twice = 20 seconds**)
- Rinse hands well under warm, running water
- Dry hands thoroughly with a clean towel or air dryer
- Turn the water off using a paper towel
- If using a public restroom, dispense the paper towel before washing your hands.

