



230 W. Maple Road | Troy, MI 48084



Hand Hygiene & Infection Prevention

When Washing Hands With Soap and Water:

- Wet your hands and clean with running water and apply soap. Use warm water if it's available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end, twice.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

When Should You Wash Your Hands?

- **BEFORE AND AFTER PUTTING EYE DROPS IN EYES.**
- Before and after preparing food
- Before and after eating food
- After using the toilet
- After changing diapers or cleaning up a child who used the toilet
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound

Remember: If soap and water are not available, use alcohol-based gel (at least 60% alcohol) to clean hands.

When Using an Alcohol-Based Hand Sanitizer:

- Apply product to the palm of one hand, using the amount of product indicated on the label.
- Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.