

PRODUCTION OF APPROPRIATE FOOD: sufficient, safe, sustainable

# Wash your hands

Washing your hands is one of the most important things you can do to prevent infection. It prevents you from spreading germs to another person, and it helps protect you from germs, too. If you can do nothing else to prevent infection, you must wash your hands



1

Wash your hands and arms with soap and clean water — all the way up to your elbows.



2

Make sure to scrub in between your fingers.



3

If you have a clean brush, scrub your fingernails.



4

Keep scrubbing, brushing, and washing your hands and arms for 3 minutes! Spend most of this time on your hands.



5

Rinse with clean, running water.



6

Dry your hands in the air instead of using a towel. Do not touch anything until your hands are dry.

Throughout this poster we talk about how important it is to wash your hands and wash your tools. But the water you use must be clean to be of any use. If the water in your community may carry germs, be sure that water is boiled before using it to wash your hands.

