

# PROPER HANDWASHING

## Everybody Wash, Everybody Wash Your Hands..

As the new school year approaches it is very important that our health is in tip top shape. We here at KCH think keeping our hands clean is one of the most important steps we can take to avoid getting sick and spreading germs like COVID-19 to others.

## Why wash your hands?

Washing with soap and water removes germs from hands and this helps prevent infections because:

- Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.
- Removing germs through handwashing helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

## Hand Hygiene: The best way to wash your hands.

1. Wet your hands with clean, running water (warm or cold). Make sure the water isn't too hot for little hands.
2. Use soap and lather up for about 20 seconds. Practice by singing Happy Birthday or the ABC's.
3. Make sure you get in between your fingers, on the backs of hands, and under the nails where germs like to hang out. And don't forget the wrists!
4. Rinse and dry well with a clean towel or air dry them

## Bonus: How to clean face coverings:

Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with hand washing.

- You can include your face covering with your laundry by using regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.
- Dry using the highest heat setting or air dry by laying on a flat surface



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<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>