

Are you washing your hands the best way?



Mille Lacs Health System

1

Use soap and water



Handwashing is one of the best ways to protect both you, your family, and others from getting sick. (You can use antibacterial gel in a pinch, but washing is still best.) Start with warm water and soap.

2

Lather well



Lather well, scrubbing the sides and backs of the hands, between your fingers, and under the nails. Make sure you scrub for at least 20 seconds (sing the Happy Birthday song to be sure.)

3

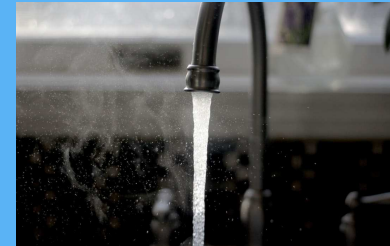
Dry with paper towel



Although some public restrooms have air dry units, drying with a paper towel is ideal. During the cold/flu season, this is best at home too. If you air dry, double down with some antibacterial gel afterwards.

4

Turn off faucet with paper towel



A paper towel is ideal because you should turn off the faucet (that you turned on with dirty hands) with that paper towel, and then dispose of it.

Handwashing:

- * Reduces the number of people who get sick with diarrhea by 23–40%
- * Reduces diarrheal illness in people with weakened immune systems by 58%
- * Reduces respiratory illnesses, like colds, in the general population by 16–21%
- * Reduces absenteeism due to gastrointestinal illness in children by 29–57%

You can also visit one of our clinics to get your family's flu shots, to prevent illness this winter.