Handwashing

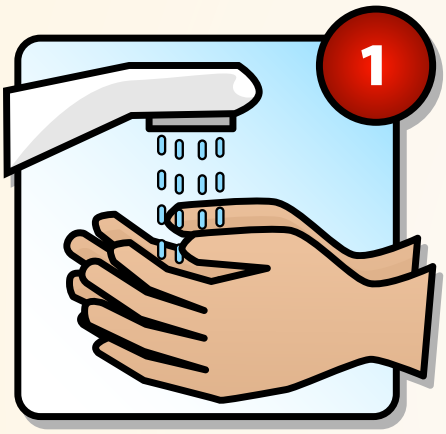
Effective and Simple Steps to Prevent the Spread of Germs

Proper handwashing can provide one of the **most effective defenses against the spread of germs** that can lead to illness. The bacteria and viruses that cause many different types of sickness can be spread to you and others by unclean hands.

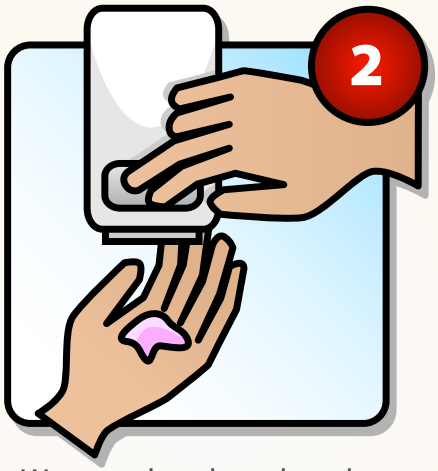
To help reduce the spread of germs, practice proper handwashing:

- before eating
- before & after preparing food
- after using the bathroom
- after touching animals
- after sneezing or coughing
- after touching garbage or trash

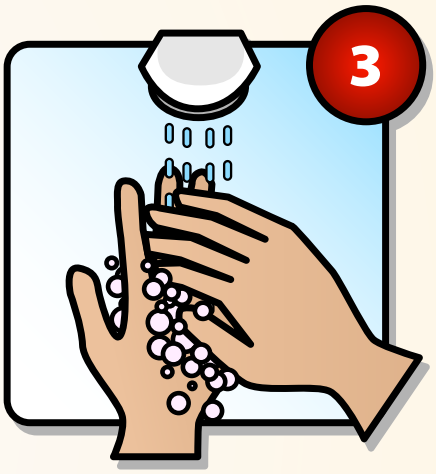
Follow these simple steps to help ensure proper handwashing technique:



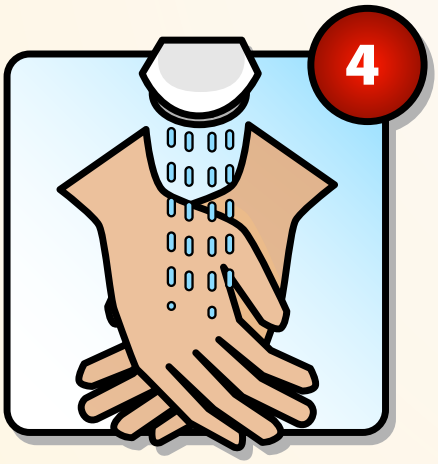
Use warm, running water and a mild liquid soap.



Wet your hands and apply a small amount of soap.



Rub hands together for 15-20 seconds. Clean between fingers, under nails, and back of hands.



Rinse under running water.

Dry with clean disposable or single use towels.

Turn off the faucet using the towel. Throw away the used towel.

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El Lavado De Manos

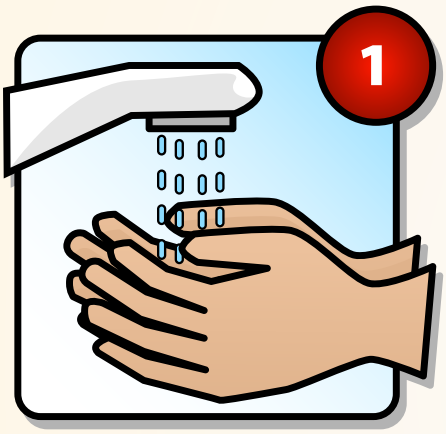
Pasos simples y efectivos para prevenir la propagación de gérmenes

El lavado de manos adecuado puede proveer una de las defensas más efectivas en contra de la propagación de gérmenes que puede llevar a causar enfermedades. Las bacterias y los virus que causan muchos tipos de enfermedades se pueden propagar a usted y a otras personas por tener las manos sucias.

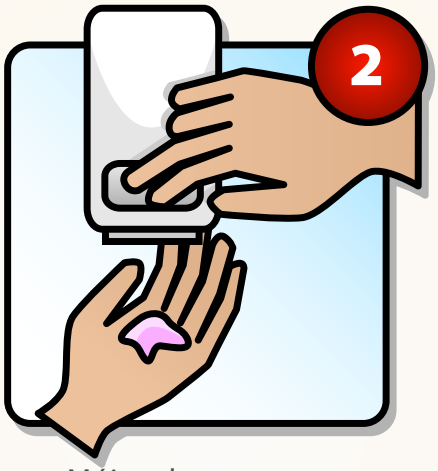
Para ayudar a reducir la propagación de gérmenes, practique el lavado de manos adecuadamente:

- antes de comer
- antes y después de preparar comida
- después de usar el baño
- después de tocar animales
- después de estornudar o toser
- después de tocar desperdicios o basura

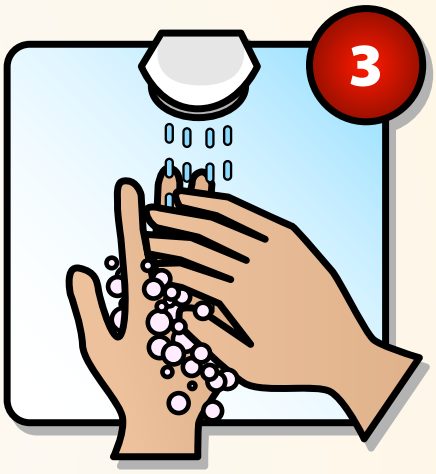
Siga estos simples pasos para ayudar a asegurar una técnica de lavado de manos adecuada:



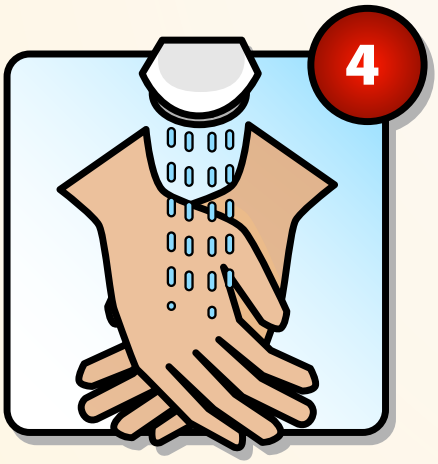
Use agua tibia del chorro y jabón líquido suave.



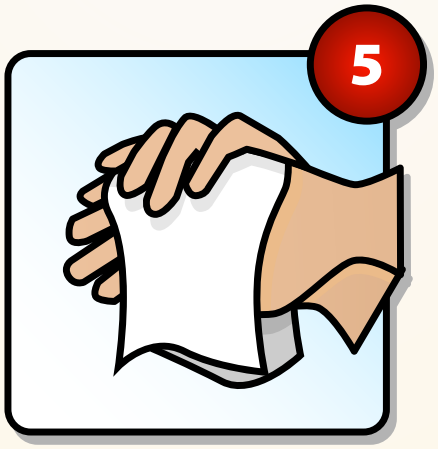
Mójese las manos y aplíquese una pequeña cantidad de jabón.



Frótese las manos de 15 a 20 segundos. Límpiese entre los dedos, debajo de las uñas y en el dorso de las manos.



Enjuáguese con agua del chorro.



Séquese con toallas desechables limpias o de uso individual.

Cierre la llave del agua con una toalla. Tire a la basura la toalla usada.

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