

STAY HEALTHY: Wash Your Hands!

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

Here's how:



No soap and water?



Use an alcohol-based gel to clean hands!

Wet hands with warm water and apply soap.

Rub hands together to make a lather and scrub all surfaces.

Rub hands for 20 seconds.

Rinse hands well under running water.

Dry hands using a paper towel or air dryer. If possible, use paper towel to turn off the faucet.

Always wash your hands:

Before preparing or eating food

After going to the bathroom

After changing diapers or cleaning up a child who has gone to the bathroom

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



Kalamazoo County

Health & Community Services