

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

HAND WASHING

The first line of defense against germs is hand washing. The best way to prevent and reduce the spread of disease is for everyone to follow the recommended hand washing procedures.

(1) When? (to Wash Your Hands)

- Before and after you eat
- Before, during, and after preparing food
- After touching an animal or cleaning up after them
- After using the restroom
- After caring for someone who is sick
- After changing a diaper
- After handling trash and any other germey object or surface
- After you cough or sneeze
- After handling money

(2) How? (Instructions on How to Wash Your Hands)

- Use soap (preferably antibacterial soap) and running water.
- Rub your hands vigorously as you wash them, for at least 20 seconds.
- Wash all surfaces, including:
 - Back of hands
 - Wrists
 - Between fingers
 - Under fingernails
- Rinse your hands well. Leave the water running.
- Dry your hands with a single-use towel.
- Turn off the water using a paper towel instead of bare hands.

Be sure the children's hands are washed, too!

Especially:

- When they arrive.
- Before they eat or drink.
- After they use the toilet or have their diapers changed.
- After they have touched a child who may be sick.

For more information, please contact the Florida Department of Health in Orange County Epidemiology Program at 407-858-1420. You may also visit the Epidemiology Program website, <http://orchd.com/generalHealth/epidemiology/index.asp> for additional information.

Florida Department of Health in Orange County

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