

Molina and You

Hand Washing

Hand washing is easy to do! It is one of the best ways to prevent the spread of illness.

Clean hands can stop germs from spreading from one person to another. Clean hands help keep your friends and family healthy.



When should you wash your hands?

- Before, during and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- After using the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal
- After touching garbage

What is the right way to wash your hands?

- Wet your hands with clean running water (warm or cold) and apply soap.
- Rub your hands together and scrub them well; be sure to scrub the backs of your hands, between your fingers and under your nails. Continue to rub your hands for at least 20 seconds.
- If you cannot use soap and water, use a hand sanitizer. Sanitizer can often reduce the number of germs on your hands. It does not get rid of all types of germs.

Hand washing is easy! It is one of the best ways to stop the spread of disease. Spread the message and not the germs!

*Information source: Centers for Disease Control and Prevention