



201 E. Swanson Ave., Suite 7, Wasilla, AK 99654 (907)357-3655

Quality Medical Care in the Comfort of Your Home

Wash your Hands

To keep from getting sick and to prevent the spread of germs



(1) Wet hands, use warm water if available. (2) Apply Soap.



(3) Lather for 20 seconds and scrub thoroughly.



(4) Rinse well under running water



(5) Dry hands with a paper towel or warm air blower



(6) Turn off the faucet with a paper towel, if available

Clean Hands Help Prevent the Flu:

Hand washing is easy to do and it's one of the most effective ways to prevent the spread of many types of infection and illness in all settings—from your home and workplace to child care facilities and hospitals. Clean hands can stop germs from spreading from one person to another and throughout an entire community.

When should you wash your hands?

- **Before**, during, and after preparing food.
- **Before** and after eating food.
- **Before** and after caring for someone who is sick.
- **Before** and after treating a cut or wound.
- **After** using the toilet.
- **After** changing diapers or cleaning up a child who has used the toilet.
- **After** blowing your nose, coughing, or sneezing.
- **After** touching an animal, animal feed, or animal waste.
- **After** touching garbage.

If soap and water are not available:

- Use an alcohol based hand cleaner.
- Check the label to be sure the product contains at least 60% alcohol.
- Apply product to the palm of one hand.
- Rub the product over all surfaces of hands and fingers until hands are dry.
- Do not use paper towels or warm air blower after using an alcohol based hand cleaner.