



Hand Washing Prevents the Spread of Infection

Hand washing is recognized as the single most effective way to prevent the spread of infection.

When to Wash

- Wash before touching , preparing or eating food.
- Wash before a meeting where you know you will be shaking hands, especially when you have a cold.
- Wash after playing with animals, handling money, shaking numerous hands.
- Wash after coughing, sneezing and using the washroom.
- Wash whenever you are in doubt.

Points to Note

- Don't share facecloths.
- Don't leave the sink full of water to repeatedly wash hands and/or dishes.
- Don't use a common hand towel in public places.
- Add a few drops of bleach to your dish water to clean dish cloths.
- Use your hand towel in a public washroom to dry your hands, turn off the tap and open the door. Door handles are one of the dirtiest spots in a washroom.

What to Use

- Bar soap should be free of cracks. Cracks and bits pieced together can create a great hiding place for moisture and growth of bacteria.
- Using a hand sanitizer isn't a replacement for good hand washing. It should be used when you can't get to sink to wash your hands and when there is not a large amount of visible contaminant or dirt on your hands.

*Stay healthy.
Stay flu free!*

www.wsib.on.ca

FORM 1919A (02/06)