

GEORGIA CHAMBER

Resiliency & Recovery Initiative

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BACK TO BASICS: Wash Your Hands Often

from the Centers for Disease Control and Prevention

Proper and frequent hand washing is a critical part of keeping Georgians healthy. Establishing good, consistent habits will better protect yourself, your family, and your neighbors.

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

Follow these five steps every time:

- ◆ **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- ◆ **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- ◆ **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- ◆ **Rinse** your hands well under clean, running water.
- ◆ **Dry** your hands using a clean towel or air dry them.



- ◆ After blowing your nose, coughing, or sneezing
- ◆ After handling your cloth face covering
- ◆ After changing a diaper
- ◆ After caring for someone sick
- ◆ After touching animals or pets

If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

It is especially important to wash:

- ◆ Before eating or preparing food
- ◆ Before touching your face
- ◆ After using the restroom
- ◆ After leaving a public place
- ◆ After touching frequently used surfaces in public places like door handles, gas pumps, tables, electronic screens

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