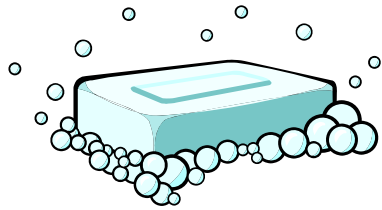


CU Healthy

Germs live with us, on us and in us and do not always cause harm. Germs are usually spread through touch.



Hand washing is the most important thing you can do to protect yourself from illnesses and infections.

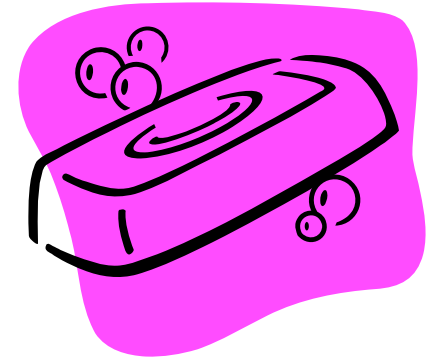
- HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:
- Resource Centre
 - Student Peer Interns
 - Health Promotion Advisory Committee
 - Website (carleton.ca/health)
 - Facebook page
 - Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

Hand Washing



613-520-6674
carleton.ca/health
2600 CTTC Building

When should you Wash your Hands?

Before you:

- prepare or eat food
- Treat a cut or wound
- Tend to a sick person

After you:

- Use the washroom
- Handle uncooked foods
- Change a diaper
- Blow your nose, cough, or sneeze
- Handle garbage
- Handle an animal or animal waste
- Tend to a sick person

or

- When hands are soiled for any other reason

How should you Wash your Hands?

How you wash your hands is just as important as when you wash them.

When your hands are soiled and throughout the day you should:

- Wet hands under warm running water and, using soap, wash all surfaces thoroughly, including wrists, palms, backs of hands, between fingers, and under fingernails
- Rub hands together for 20 seconds
- Dry well with a clean or disposable towel
- Turn off the tap using the towel
- Apply hand lotion frequently to soothe dry skin

or

If your hands are not visibly soiled or soap and water are not available, apply hand sanitizer

- Rub a small amount into hands until absorbed
- Do not rinse

Why is Infection Prevention Important?

Just think about all the things you touched today. Everything you touch is covered in germs. If you put your fingers in your mouth or touch your nose or eyes, you can make yourself sick. You can also make others sick by passing germs onto them.

Hand washing is considered the single most important procedure for preventing the spread of germs — it is an important part of preventing colds and the flu.

Hand Sanitizer Is NOT A Replacement for Actually Washing Your Hands!

