

Handwashing



According to the CDC, washing your hands is the most important thing you can do to prevent getting sick.

Frequent handwashing is one of the best ways to prevent getting sick. Everyday we pick up germs on our hands from other people or from contaminated surfaces such as doorknobs. Germs that cause illness get on our hands and when we touch our eyes, nose, or mouth, we infect ourselves. Germs that cause illness include:

- Viruses
- Bacteria
- Fungi
- Parasites

By washing hands often we can prevent infecting ourselves with illnesses such as the cold virus, or a more serious illness. It is important to wash your hands:

- Before, during, and after you prepare food
- Before you eat
- After you use the bathroom
- After handling animals or animal waste
- When your hands are dirty
- Frequently when someone in your home is sick

The Centers for Disease Control and Prevention estimates that 76 million people get sick, more than 300,000 are hospitalized, and 5,000 Americans die each year from foodborne illness.