



Please Wash Your Hands

Why You Should Wash Your Hands as Often as You Can



The Importance of Hygienic Handwashing

The single most important way a person can stop the spread of bacteria is through frequent and proper handwashing. The U.S. Centers for Disease Control and Prevention (CDC), which has undertaken a campaign to educate people about the necessity of handwashing, has said: “Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.”

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people’s hands or common objects

The CDC recommends washing hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound

Wash your hands frequently throughout the day – even if you don’t think they need to be washed.

You should also wash your hands:

- 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 handling pet food or pet treats
- After touching garbage

Handwashing Procedures:

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

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

***Remember, Take the Time™ –
Your Health Depends on It!***

MarketNet Promotes Good Handwashing

Understanding that people can stop the spread of bacteria and germs when they have ways to effectively wash their hands, MarketNet Associates is committed to promoting good hygiene by offering products aimed at encouraging and improving handwashing procedures. MarketNet recognizes that through better education, as well as access to electronic soap dispensers that automatically deliver the right amount of soap and other touchless handwashing tools, users can stay healthier and more productive at work and at home.

The following Web sites can provide more information on handwashing:

Ontario Ministry of Health and Long-Term Care

www.health.gov.on.ca

UK Department of Health

www.dh.gov.uk

U.S. Centers for Disease Control and Prevention

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

For more copies or for hand soap refills contact:



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