

# Social Media Messages for Handwashing

## Why wash hands

- #HandWashing is 1 of the best ways to prevent spread of infection & illness. <http://go.usa.gov/XpVw>
- #HandWashing is easy to do & helps keep you healthy. <http://go.usa.gov/XpVw>
- Clean hands can stop germs from spreading to others in your community. <http://go.usa.gov/XpVw>

## When to wash hands

- When should you wash your hands? <http://go.usa.gov/Xppx> #HandWashing
- Wash hands before, during & after preparing food & before eating. <http://go.usa.gov/Xppx>
- Wash hands before & after caring for someone who is sick. <http://go.usa.gov/Xppx>
- Wash hands before & after treating a cut or wound. #HandWashing <http://go.usa.gov/Xppx>
- Wash hands after using the toilet. <http://go.usa.gov/Xppx>
- Wash hands after changing diapers or cleaning up a child who has used the toilet. <http://go.usa.gov/Xppx>
- Wash hands after blowing your nose, coughing or sneezing. <http://go.usa.gov/Xppx>
- Wash hands after touching garbage. <http://go.usa.gov/Xppx>

## How to wash hands

Follow 5 steps to wash your hands the right way. <http://go.usa.gov/Xppx> #HandWashing

1. Wet hands with clean, running water, turn off tap & apply soap.
2. Lather — rub hands together w/soap. Include backs of hands, between fingers & under nails.
3. Scrub hands for at least 20 seconds. Hum the “Happy Birthday” song twice to time yourself!
4. Rinse hands well under clean, running water.
5. Dry hands using a clean towel or air-dry them.

## Hand sanitizer

- If you don't have soap & water to wash hands, use alcohol-based hand sanitizer with at least 60% alcohol. <http://go.usa.gov/Xppx>
- Hand sanitizers do not kill all germs & may not be as effective if hands are visibly dirty or greasy. <http://go.usa.gov/Xppx>
- Use hand sanitizer the right way. Apply correct amount (read the label) & rub onto all hand surfaces until hands are dry. <http://go.usa.gov/Xppx>

## Science behind the recommendations

- Why wash your hands? Read the science behind CDC's recommendations. <http://go.usa.gov/Xpp5> #HandWashing
- How should you wash your hands? Read the science behind CDC's recommendations. <http://go.usa.gov/Xpph>
- When should you use hand sanitizer? Read the science behind CDC's recommendations. <http://go.usa.gov/XpdG>