



Handwashing Facts

Glenyce Peterson-Vangsness
Regional Extension Educator
Food Science
Extension Professor
Extension Regional Center
1961 Premier Drive, Suite 110
Mankato, MN 56001-5901

1.888.241.3214,
1.507.389.6732,
1.507.381.3561 cell,
1.507.389.6787 fax,
peter178@umn.edu



Why Wash Your Hands?

-  Hands are the most exposed part of your body.
-  On each square centimeter of your hand, there are about 1,500 bacteria or germs.
-  When unclean hands touch your eyes, nose, mouth or food, germs are transferred from your hands into your body.
-  Bacteria or germs on your hands can make you sick!



When to Wash Your Hands

-  Before or after eating or handling food.
-  After handling raw meat, poultry or eggs.
-  After touching a cut or sore.
-  After you sneeze, cough or blow your nose.
-  After touching pets, reptiles or animals.
-  After working or playing outside.
-  After handling garbage.
-  After using the bathroom.
-  After diapering a baby.

-  And wash your hands anytime they look, feel or smell unclean!

Challenge Questions

Do you think you should wash your hands after handling money? Why?



Sanitizers and hand wipes are okay to use when you don't have access to hand washing facilities. Why is hand washing the best method?



How to Wash Your Hands

1. With warm water, get hands and wrists wet.

2. Apply liquid hand soap,  dime size, into palm of hand.

3. Scrub all parts of hands, fingers, thumbs and wrist until they are covered with bubbles and feel warm from rubbing. Friction moves and removes germs. The following chant will help you remember to scrub well. (To the tune of “Sound Off!”).

PALMS Back and forth until there’s bubbles,
Back and forth until there’s bubbles.

BACKS Top of this hand until there’s bubbles,
Top of this hand until there’s bubbles.

**BETWEEN
FINGERS** In between, in between,
In between until they’re all clean.

THUMBS Thumb, thumb, thumb is clean,
Thumb, thumb, thumb is clean.

**FINGER
NAILS** Twist, twist, twist, twist, twist.
Twist, twist, fingernail twist.

**IN PALM
OF HANDS**

WRIST Lastly wring around each wrist.
Lastly wring around each wrist.

5. Hands, fingers, thumbs and wrist should feel warm and covered with bubbles.

6. Rinse hands under warm water, fingers pointing down.

7. Rinse all bubbles down the drain! Think in each bubble there could be a germ.

8. Dry hands well with a clean paper towel.

9. Turn off faucet with paper towel. Did you know there are about 229,000 germs per square inch on a frequently touched faucet? Open the door with paper towel. Germs love to ride and hide on door handles in bathrooms.

10. Throw away paper towel in waste basket.