

Hand washing Guidelines

While you are ill with a diarrheal illness, do not:

- Prepare foods for others
- Share eating utensils or drinking cups
- Share towels

Stay home from work especially if working with children and/or you prepare food for others until symptoms resolve.

Since person-to-person spread can play a significant role in the spread of some diseases, hand hygiene is very important.

Steps to proper hand washing...

1. Hands should be washed using soap and warm, running water
2. Hands should be rubbed vigorously during washing for at least 20 seconds with special attention paid to the backs of the hands, wrists, between the fingers and under the fingernails
3. Hands should be rinsed well while leaving the water running
4. With the water running, hands should be dried with a paper towel
5. Turn off the water using a paper towel, covering washed hands to prevent re-contamination.

Hands should be washed after the following activities:

- After using the toilet
- After coughing, sneezing, using a handkerchief or disposable tissue, using tobacco, eating or drinking
- After handling soiled equipment or utensils
- Before and after food preparation, as often as necessary to remove soil and contamination
- Before and after switching between working with raw food (meat, fish, poultry) and working with ready-to-eat food such as bagged salads.
- After engaging in other activities that contaminate the hands.

When soap and water is not available, hand sanitizers containing 60-90% ethyl alcohol or isopropanol by concentration, may be used.

Check our website: www.uhs.berkeley.edu to learn more about this medical concern or others.

For an appointment www.uhs.berkeley.edu or call **510-642-2000**

Clinic Nurse **510-643-7197** for advice