



HANDWASHING 101

According to the Centers for Disease Control, the simple act of handwashing can prevent 20 percent of respiratory infections such as the common cold and the flu. **It's also the single most effective way to reduce the spread of illnesses.**

When to wash your hands:

- After using the restroom
- Before preparing food
- After coughing, sneezing or blowing your nose
- After handling garbage
- After touching an animal

How to wash your hands:

1. Use lukewarm water for 20 to 30 seconds.
2. Lather soap on all sides of your hands, under fingernails and between fingers.
3. Shake your hands in the sink before drying with a paper towel.
4. Use paper towel to turn off faucet and open door to exit before disposing.

Visit *BUILDINGS.com* to read our article “3 Tips for Better Facility Hygiene” (bit.ly/2E0geWb).