



California University of Pennsylvania
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**Office of Student Development and Services
Student Health Center**

HAND WASHING - An easy way to prevent infection.

Description – Hand washing is a simple thing and it's the best way to prevent infection and illness. This simple habit requires only soap and warm water or an alcohol-based hand sanitizer.

Wash Your Hands: The Right Way: When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing “Happy Birthday” twice through to a friend.
- Rinse hands well under warm running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.
- Always use soap and water if your hands are visibly dirty.

If soap and clean water are not available, use an alcohol-based hand sanitizer to clean your hands. Alcohol-based hand sanitizers significantly reduce the number of germs on skin and are fast-acting.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rubs hands together
- Rub the product over all surfaces and fingers until hands are dry.

When Should You Wash Your Hands?

Although it is impossible to keep your bare hands germ-free, here are times when it is critical to wash your hands to limit the transfer of bacteria, viruses and other microbes.

Always wash your hands:

- After using the toilet
- After touching animals or animal waste
- Before and after preparing food.
- Before eating
- After blowing your nose
- After coughing or sneezing into your hands
- Before and after treating wounds or cuts
- Before and after touching a sick or injured person
- After handling garbage
- Before inserting or removing contact lenses

For more information, please call Health Services at (724) 938-4232.