

## Communicable Disease Prevention Handwashing Recommendations



One of the easiest ways to help prevent the spread of communicable diseases, such as COVID-19, RSV and Influenza, is with proper hand hygiene, especially in the K-12 and ECE settings. CDP wants to provide clear handwashing recommendations for our community. All listed information is in line with CDC recommendations for handwashing along with tips to keep in mind.

- Lathering with soap and scrubbing your hands for 20 seconds is important to this process because these actions physically destroy germs and remove germs and chemicals from your skin. When you rinse your hands, you wash the germs and chemicals down the drain.
- Use a paper towel, your elbow, or another hands-free way to turn off the faucet and handle any door handles when using a public restroom after cleaning your hands as a buffer against germs you've just washed off your hands.
- Hand sanitizer should **not** be used in lieu of washing your hands. If unable to wash your hands use a hand sanitizer with at least 60% alcohol and then wash your hands whenever you are able. If neither soap nor hand sanitizer are available, rinse your hands with water while using the normal hand washing technique. This will help rinse some germs from your hands. Remember to wash your hands with soap and water as soon as you have access to both.
- In line with CDC, we recommend **ALWAYS** washing your hands after you use the restroom, whether it is in your home or somewhere else.
- To date, studies have shown that there is no added health benefit for consumers (this does not include professionals in the healthcare setting) using soaps containing antibacterial ingredients compared with using plain soap.
- Germs can be transferred more easily to and from wet hands; therefore, hands should be dried after washing.
- After blowing your nose, coughing, or sneezing, you should **immediately** clean your hands by either washing them with soap and water or using hand sanitizer with at least 60% alcohol, IF soap and water are not readily available.

For a comprehensive list of handwashing recommendations visit:

<https://www.cdc.gov/handwashing/faqs.html>