

Don't Touch Your Face, Wash Your Hands: The Essential Guide to Keeping Yourself and Others Healthy

Washing your hands is one of the most important things you can do to prevent the spread of germs. It's a simple and effective way to protect yourself and others from getting sick. But did you know that touching your face is one of the easiest ways to get germs into your body? **That's why it's so important to avoid touching your face, especially when you're in public or around sick people.**

This article will provide you with all the information you need to know about how to wash your hands properly and avoid touching your face. We'll also discuss the importance of hand hygiene and provide tips for making it a habit.



Don't Touch Your Face Wash Your Hands: Children's Safety & Hygiene EBook – Books for Kids about Germs and Viruses – Quarantine Books for Teaching Toddlers

I Preschoolers – 29pgs by Antwone J. Morris

★★★★★ 5 out of 5

Language : English

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How to Wash Your Hands Properly

The first step to preventing the spread of germs is to wash your hands properly. Here's how to do it:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well with clean, running water.
5. Dry your hands with a clean towel or air dry them.

If you don't have access to soap and water, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Why is Hand Hygiene Important?

Hand hygiene is important because it helps to prevent the spread of germs. Germs can be spread from person to person through contact with contaminated surfaces or objects. When you touch your face, you're transferring germs from your hands to your face. This can lead to infection.

Hand hygiene is especially important for people who work in healthcare settings or who have weakened immune systems. These people are more likely to get sick from germs that they come into contact with.

Tips for Avoiding Touching Your Face

It can be difficult to avoid touching your face, but it's important to try.

Here are a few tips:

- Be aware of how often you touch your face.
- Keep your hands busy by holding a stress ball or fidget toy.
- Wear gloves when you're in public or around sick people.
- Wash your hands frequently, especially after touching your face.



Washing your hands properly and avoiding touching your face are two of the most important things you can do to prevent the spread of germs. By following these simple tips, you can help to keep yourself and others healthy.

If you have any questions about hand hygiene, please talk to your doctor or a public health professional.



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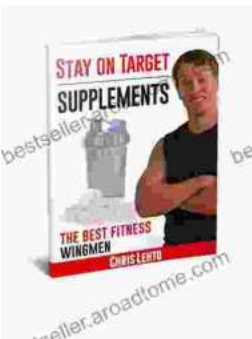
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