These are germs from unwashed hands. Dirty hands spread disease. Gross.

Learn how to wash your hands the right way.
Why should I wash my hands?

Viruses and bacteria live on our hands. Most are not dangerous but some cause disease.

**Norovirus:**
Norovirus is a very contagious virus. It causes vomiting, diarrhea and nausea. It is a very tough virus and is often unaffected by hand sanitizer.

**Salmonella:**
*Salmonella* infects a million people every year in the USA and 19,000 people are hospitalized. *Salmonella* causes diarrhea, abdominal cramps and fever.

**E. coli:**
*E. coli* is a bacterium that lives in the intestines of many animals. Most strains are not harmful, but some can cause bloody diarrhea, kidney failure, and death.

It is especially important to wash your hands when working with food, in a medical setting, or if you are sick.
5 Steps to proper handwashing.

Proper handwashing is key to removing germs that cause disease.

1. Wet hands with warm water.
2. Use soap.
3. Lather for 20 seconds.
4. Rinse with warm water.
5. Dry your hands.
More resources:

• GloGerm Website
  www.glogerm.com

• “Show Me the Science - How to Wash Your Hands”
  Centers for Disease Control
  www.cdc.gov/handwashing/show-me-the-science-handwashing.html

• “Clean- Wash hands and surfaces often”
  Foodsafety.gov
  www.foodsafety.gov/keep/basics/clean/index.html

• “Handwashing” University of Washington Medicine
  healthlibrary.uwmedicine.org/Library/DiseasesConditions/Adult/85,P00628

Contact Tacoma-Pierce County Health Department:
(253) 798-6460
food@tpchd.org
www.tpchd.org

3629 S. D St., MS 1059
Tacoma, WA 98418