

CLOVER SAFE #92 THE IMPORTANCE OF WASHING YOUR HANDS



Hand washing is one of the most effective methods for preventing infections and the spread of disease. Hands may be contaminated by germs that can be transferred to cause illnesses such as the common cold, influenza, infectious diarrhea, hepatitis A, giardiasis, and enterovirus. Proper hand washing removes pathogens from the surface of your hands and helps prevent the transfer of infection- and disease-causing germs. This Clover Safe note provides information about when to wash your hands and proper hand-washing techniques.

For additional information about the importance of washing your hands, go to the Clover Safe note at: <http://ucanr.org/cloversafe>.

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