

Remember...These Places and Surfaces Often Harbor Germs

- Public telephones
- Elevator buttons
- Escalator/Stairway handrails
- Shopping cart handles
- Children's indoor playgrounds
- Gyms
- Doctor's office
- Restaurants
- Desktops
- Money
- Public transportation
- Shared computer components (mouse and keyboard)
- Water fountains
- Doorknobs

Some Interesting Germ Facts...

- Sneeze droplets travel approximately 3 feet
- There may be as many as 20,000 droplets in a single sneeze
- Human influenza viruses can survive on surfaces for between 2 and 4 hours
- 52.2 million cases of the common cold affect Americans under age 17 each year
- Office phones and desktops were shown to have 400 times more germs than toilets
- Poor personal hygiene contributes to approximately 50% of all foodborne illness outbreaks

Hand Hygiene

A PARENT'S GUIDE TO HANDWASHING

Information provided in this pamphlet is based on information from www.cdc.gov and http://kidshealth.org/parent/general/sick/hand_washing.html

For further information please visit these websites or www.relyon.dupont.com

For detailed information about DuPont disinfectant and antiseptic products and the effective protection they offer, visit www.relyon.dupont.com or call a DuPont customer representative 1-800-931-3456.

The DuPont Antiseptic products are formulated under Food and Drug Administration (FDA) guidelines and the DuPont Disinfectants are U.S. Environmental Protection Agency (EPA) registered. As with all disinfectants, always read and follow label instructions per EPA guidelines.

Copyright © 2006 DuPont. The DuPont Oval Logo, DuPont™, The miracles of science™, and RelyOn™ are registered trademarks or trademarks of E. I. du Pont de Nemours and Company or its affiliates. All rights reserved.
K-16441 (10/06) Printed in the U.S.A.



DuPont™ RelyOn™ Antiseptic and Disinfectant Products



The miracles of science™

A PARENT'S GUIDE TO HANDWASHING

DuPont™ RelyOn™ Antiseptic and Disinfectant Products

A delicious mud pie, a good-luck rock, or a friendly frog are just a few of the presents children love to bring home to Mom and Dad. But did you know that behind these adorable gifts—and countless others—millions of germs could be lurking?

Kids may not always listen when you tell them to wash their hands before eating, but it's a message worth repeating. Hand washing is, by far, the best way to prevent germs from spreading and to keep your kids from getting sick.

The First Line of Defense Against Germs

Germs—such as bacteria and viruses—can be transmitted several different ways, especially by touching dirty hands or changing dirty diapers. Other ways germs spread include:

- through contaminated water and food
- through droplets released during a cough or a sneeze
- through contaminated surfaces
- through a sick person's body fluids

If kids pick up germs from one of these sources, they can unknowingly become infected simply by touching their eyes, nose, or mouth. And once they're infected, it's usually just a matter of time before the whole family comes down with the same illness.

Good hand washing is your first line of defense against the spread of many illnesses.

How to Wash Your Hands Properly

- Wet hands with warm water
- Apply soap to hands
- Rub hands together to form lather for at least **20** seconds (sing the ABCs or sing "Happy Birthday" twice to make sure you've washed long enough)
- Be sure to wash all areas of hand including palms, the back of the hand, and between the fingers
- Pay special attention to area under nails
- Rinse hands well
- Dry hands with a paper towel, use paper towel to turn off water

When to Wash Your Hands

Before you:

- Eat/prepare food
- Touch your eyes or mouth
- Tend to injuries

After you:

- Touch raw meat like chicken or beef
- Shake hands
- Blow your nose, cough, or sneeze
- Come in contact with body fluids like blood, urine, or vomit
- Touch animals or pets
- Use the restroom
- Handle garbage
- Handle money
- Use public facilities/use public transportation



How to Use Alcohol Handrubs

- Apply product to palm of hand
- Rub hands together, being sure to cover all surfaces of hand and between fingers
- Rub until hands are dry

When to Use Alcohol Handrubs

- Alcohol handrubs can be used anytime soap and water are not available
- Follow manufacturer's instructions for use of product