

USAG – Fort Stewart Safety Gram

Sustaining, Supporting, and Defending Safety Excellence



U.S. ARMY

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SG #14-05

Handwashing:

01 Oct 13

Clean Hands Saves Lives

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

When should you wash your hands?

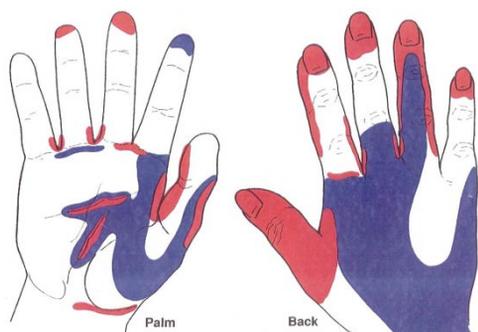
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste
- After handling pet food or pet treats
- After touching garbage



What if I don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs.

Hand sanitizers are not as effective when hands are visibly dirty.



Blue: Frequently missed
Red: Most frequently missed

Manage The Risk – Protect The Force

For additional information contact:

Your Unit Addition Duty Safety Officer (ADSO) or Collateral Duty Safety Person (CDSP), or

USAG Installation Safety Office: Fort Stewart Office @ 912-767-7880; Hunter Army Airfield Office @ 912-315-4901.