

# Cleaning and Disinfection on the Farm

## HAND WASHING



While it sounds too easy, hand washing is one of the easiest and best ways to protect your animals, yourself, and those on your farm, from disease-causing organisms.

Follow these tips to properly wash your hands.

### HOW TO PROPERLY WASH YOUR HANDS



1. Wet hands first with clean, running water. Use warm water when possible.



2. Apply soap. Lather all areas of the hands. Don't forget to clean between the fingers, around the thumbs, finger tips and under fingernails.



3. Be sure to lather the back of your hands. Scrub your hands for at least 20 seconds. Hum the "Happy Birthday" or "ABC" song twice



4. Rinse your hands well under clean, running water.



5. Dry with a paper towel or clean cloth or towel.

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### WHAT ABOUT HAND SANITIZERS?

Alcohol-based hand sanitizers can reduce the number of germs on hands and be useful, when soap and water are not readily available.

Products should contain at least 60% alcohol. Check the product label.

- Sanitizers do not kill all types of germs. They do not work against bacterial spores, some viruses, and protozoa, like *Cryptosporidium*.
- Hand sanitizers do **not** work well when hands are visibly dirty or greasy.

### ADDITIONAL TIPS

- Keeping fingernails clipped short to minimize dirt and contamination under the nail.
- Wearing gloves is not a replacement for hand washing.
- Wash hands after removing gloves.
- When possible, have a hand washing area in your barn. Keep supplies well stocked and available.
- If others work on your farm, post signs to remind them to wash their hands after working with animals, and before they head home. It protects them and it protects your animals.

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