

# TAILGATE TOPIC



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## TOPIC: Hand Washing – Important Step to Prevent Diseases

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**OVERVIEW:** A disease that can be transmitted between humans and animals is called zoonosis. One of the most important steps to prevent the transmission of zoonotic diseases is hand washing. In this tailgate, we will discuss when to wash your hands and proper hand washing procedures.

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### TALKING POINTS:

- You should wash your hands before handling or preparing food, eating, smoking, or drinking.
- While working around animals, it is important to wash your hands before and after you use the bathroom facilities.
- If you come into contact with animal waste or feces, you should wash your hands immediately.
- It is important to follow proper hand washing techniques. The following are the steps of proper hand washing:
  - Wet your hands with clean water.
  - Apply soap.
  - Rub hands together creating lather.
  - Scrub both the front and the back of the hands, the area between the fingers and under your nails.
  - Continue rubbing for about 15 to 20 seconds.
  - Rinse your hands thoroughly with clean water.
  - Dry your hands with a clean towel or air dry.

### REVIEW QUESTIONS:

1. True or False: One of the most effective ways to prevent the spread of infections and illnesses including zoonotic diseases is by keeping your hands clean. (Answer: True)
2. When should you wash your hands? (Answer: prior to eating, smoking, drinking, preparing food, coming into contact with animal feces or waste, before or after using the bathroom)  
  
For this question, you may ask several individuals to answer the question. There may be other answers they come up with.
3. True or False: You only need to wash your hands for 1 to 2 seconds. (Answer: False. You should wash your hands for 15 to 20 seconds.)

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