Prevent CMV! Wash Your Hands

Washing your hands after coming in contact with the saliva and urine of babies and young children helps protect you and your baby from CMV.

When?
- Wiping a child’s face, nose or mouth
- Feeding a child
- Changing diapers or helping a child to use a toilet
- Handling children’s toys

How?
- Wet hands with water
- Apply soap
- Rub hands together to make a lather. Scrub the backs of hands, between fingers, and under nails.
- Continue rubbing hands for at least 20 seconds. *Hum the “Happy Birthday” song from beginning to end twice.*
- Rinse your hands
- Dry your hands with a clean towel or air dry
Some interesting facts about Handwashing

• The more common practice of rinsing hands with water alone is significantly less effective than washing hands with soap. Viruses and other germs lodge in the natural oils of hands, and water alone will not dislodge them. Using soap removes the oils carrying most germs.

• All soaps, whether antibacterial or not, are equally effective at removing germs.

• A study in England found that people washed their hands only about half the time after cleaning a child after a bowel movement.

• Click on link below for a handwashing poster that you can print out to remind you to wash your hands!