

When should you wash your hands?



Before, during, and after food preparation and before eating food.



After touching an animal or animal food.



After blowing your nose, coughing, or sneezing.



Before and after treating a wound.



Before and after using the restroom.



Before and after contact with someone who is sick.

STEPS FOR HANDWASHING

Keeping hands clean through proper hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others.



1 Wet your hands with warm water and apply soap.



2 Lather up with soap.



3 Scrub your hands together for **at least** 20 seconds.



4 Rinse your hands well with warm, running water.



5 Dry your hands completely with a clean towel.

WHAT ABOUT HAND SANITIZER?

Washing hands with soap and water is the best way to get rid of germs. If soap and water is not available, you can use alcohol-based hand sanitizer that contains at least 60% alcohol.