



Wash your Hands!

WHEN?

- ✓ **AFTER USING THE TOILET**
 - ✓ **BEFORE, DURING AND AFTER PREPARING FOOD**
 - ✓ **BEFORE EATING FOOD**
 - ✓ **AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING**
 - ✓ **BEFORE AND AFTER CARING FOR SOMEONE WHO IS SICK**
 - ✓ **BEFORE AND AFTER TREATING A CUT OR WOUND**
 - ✓ **AFTER CHANGING A BABY OR CLEANING UP A CHILD WHO HAS USED THE TOILET**
 - ✓ **AFTER TOUCHING AN ANIMAL, ANIMAL FEED, OR ANIMAL WASTE**
- You should wash your hands to prevent the spread of germs and stay healthy.*

Talk to a health care provider you trust at your workplace or in your community

CALL: +00 123 456 789 - 00 • MAIL@HEALTHYWORKER.COM