



# ***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***

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