



# Stop germs. Stay healthy. **Wash your Hands!**

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**WHEN** *should you wash your hands?*

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*There are* **IMPORTANT TIMES**  
*to wash your hands:*

- AFTER USING THE TOILET
- BEFORE, DURING AND AFTER PREPARING FOOD
- BEFORE EATING FOOD
- AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING

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

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