

## To avoid getting sick and spreading germs, wash your hands often, especially

- **Before** preparing or eating food
- **After** going to the bathroom
- **After** changing diapers or cleaning up a child who has gone to the bathroom
- **Before** and **after** tending to someone who is sick
- **After** blowing your nose, coughing, or sneezing
- **After** handling an animal or animal waste
- **After** handling garbage
- **Before** and **after** treating a cut or wound



### **Do it right-**

- Wet your hands with clean, running (preferably warm) water and apply soap.
- Rub hands together to make lather and scrub all surfaces.
  - *Scrub nails against soapy palms and clean under jewelry*
- Continue rubbing hands for 20 seconds.
  - *Need a timer? Sing "Happy Birthday" twice!*
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer.
- If possible, use your paper towel to turn off the faucet and open the door.



If soap and water are not available, use alcohol-based gel to clean hands:

- Apply product to the palm of one hand
- Rub hands together
- Rub the product over all surfaces of hands and fingers until hands are dry.