Wash Your Hands!

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

When should you wash your hands?
Before, during, and after preparing food
Before eating food
After using the toilet or changing diapers
Before and after caring for someone who is sick
After blowing your nose, coughing, or sneezing
After touching an animal or animal waste
After touching garbage
Before and after treating a cut or wound

Scrub for 20 seconds with soap and water

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