

Wash Your Hands!

WHY?

Washing your hands is the best way to prevent the spread of illness.

HOW?

Scrub fingers, wrists, and palms for at least 20 seconds using soap and water.

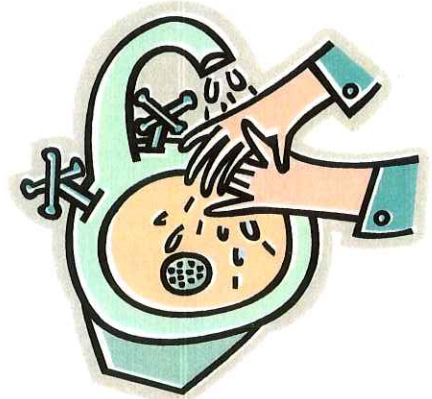
WHEN?

After you...

- Use the bathroom
- Cough, sneeze, or blow your nose
- Handle uncooked food
- Play with a pet
- Handle garbage
- Help someone who is sick or injured
- Change a diaper

Before you...

- Prepare or eat food



Anytime your hands look, feel, or smell dirty, wash them!
Wash them well, and wash them often!

