

Wash Your Hands Often



Help Prevent Disease

Handwashing is one of the most important things a person can do to prevent the spread of many diseases!

When to Wash

- Before handling food and food preparation items
- Before and after eating
- After using the bathroom, after changing a diaper, and after helping a child use the bathroom
- After exposure to blood and other body fluids (blood, urine, feces, runny noses, vomit, etc.)
- After handling pets, after cleaning their cages or tanks
- After coughing, sneezing or blowing your nose and after wiping a child's nose
- After playing or working outside
- After handling trash
- Whenever hands look, feel or smell dirty

How to Wash

