

When to wash your hands

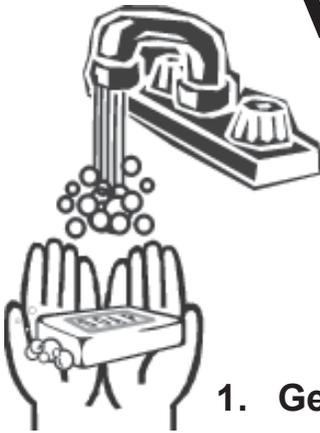
It's a good idea to wash your hands as often as you can, but there are certain times when it's very important to wash them.

- Before you prepare food
- After you use the bathroom
- After you've touched an animal
- Before you eat food
- After you cough or sneeze

The correct way to

Wash Your HANDS

and wash away germs



It just takes a little time and any soap will do.

1. Get both hands wet by putting them under warm running water.
2. Get soap on both of your hands and rub your hands together for at least 20 seconds.
3. Be sure to wash everywhere on your hands. Wash the back of your hands, on your palms, and on your wrists. Wash each finger and under your fingernails, using one hand to scrub the other.
4. Rinse. Hold your hands under the running water with the finger tips pointing down until all the soap is gone. Dry your hands with a clean towel.

When in a public rest room, it's best to use a paper towel to dry your hands. When your hands are dry, use the paper towel to turn off the water faucet and then throw the paper towel in the trash can.