

DID YOU WASH 'EM?

Handwashing is the single most important way to stop spreading infection and disease.

Wash your hands BEFORE you ...

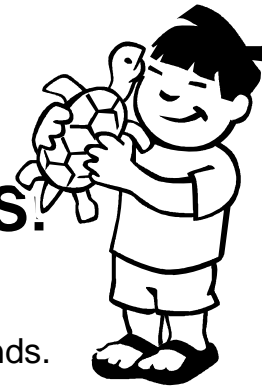
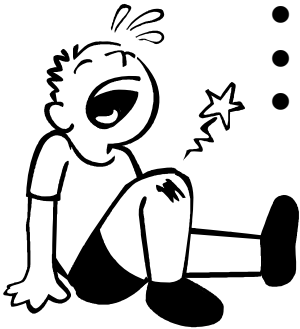


- Handle or eat food
 - Feed or give medication to a child
 - Touch or bandage a cut, open sore or rash
 - Take care of someone who is ill



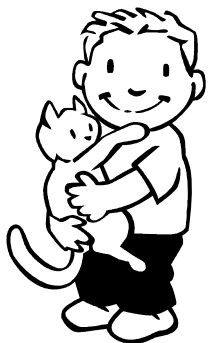
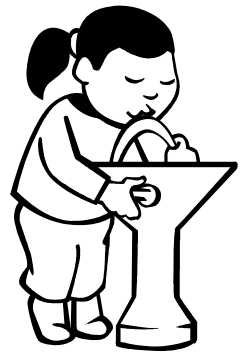
Wash your hands AFTER you ...

- Use the toilet (or change diapers)
- Cough, sneeze or blow your nose
- Play with (or clean up after) pets or animals
- Touch or bandage a cut, open sore or rash
 - Handle or eat food
 - Take care of someone who is ill
 - Play or work outdoors



WASH YOUR HANDS!

- Place your hands together under warm water.
- Add soap and rub your hands together for at least 20 seconds.
- Wash all surfaces, including wrists, palms, backs of your hands, and between fingers.
- Make sure to clean dirt and any other material from under your fingernails.
- Rinse the bubbles from your hands.
- Dry your hands with a clean paper towel.
 - Turn off the faucet using the paper towel, and throw the towel in the trash.



You can also clean your hands with a hand sanitizer that is at least 60% alcohol. Apply sanitizer to the palm of one hand and rub your hands together for at least 15 seconds. While alcohol kills the germs, sanitizers do not remove dirt. "Dirty hands" must be washed with soap and water as soon as possible.

