

# STOP GERMS. WASH YOUR HANDS.

## WHEN?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

## HOW?



WET HANDS WITH CLEAN, RUNNING WATER, TURN OFF TAP, AND APPLY SOAP.



LATHER HANDS TOGETHER WITH SOAP, INCLUDING BACKS OF HAND, BETWEEN FINGERS AND UNDER NAILS.



SCRUB HANDS FOR AT LEAST 20 SECONDS. NEED A TIMER? HUM "HAPPY BIRTHDAY" START TO FINISH TWICE.



RINSE HANDS WELL UNDER CLEAN, RUNNING WATER.



DRY HANDS USING A CLEAN TOWEL OR AIR DRY THEM.

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