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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