

WASH YOUR HANDS

- Before and after handling food or eating.
- After using the bathroom or changing diapers.
- After sneezing, blowing your nose or coughing.
- After touching a cut or open sore.
- After playing outside or with pets.

1



WET

Wet your hands with **WARM**, running water.

2



WASH

Add soap and rub hands together, front and back, between fingers and under nails for about 20 seconds.

3



RINSE

Rinse your hands thoroughly.

4



DRY

Dry hands with clean paper towel(s).