



Hand Hygiene

Keep your hands clean to help avoid getting sick and spreading germs to others. Wash your hands with soap and warm, clean running water **for at least 20 seconds**. If soap and water are not available, use an alcohol-based hand sanitizer to clean your hands.

When Should You Wash Your Hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before or after tending to someone who is sick
- After blowing your nose, coughing or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound

