

WASHING HANDS

WHAT?

Using running water and soap to wash hands. If soap and water are unavailable, use hand sanitizer.



WHY?

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.



HOW?


1. Get hands wet under faucet 


2. Rub tops and bottoms with soap for 20 seconds  

3. Rinse with water 

4. Turn off water and dry 

WHEN?

 before eating

 after blowing nose, sneezing, coughing

 after bathroom

 after touching pets