

One of the best ways to keep yourself and those around you healthy is by **frequently washing your hands!**



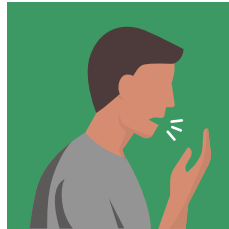
## WHEN SHOULD YOU WASH YOUR HANDS?



WHEN THEY LOOK DIRTY



AFTER ARRIVING AT HOME



AFTER COUGHING, SNEEZING OR BLOWING NOSE



WHEN TAKING CARE OF SICK PEOPLE



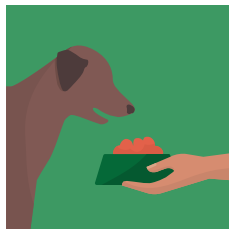
AFTER GOING TO THE TOILET



BEFORE & AFTER PREPARING FOOD



BEFORE & AFTER EATING FOOD



AFTER TOUCHING AN ANIMAL, FEED, OR ANIMAL WASTE



AFTER TOUCHING GARBAGE



AFTER CHANGING DIAPERS



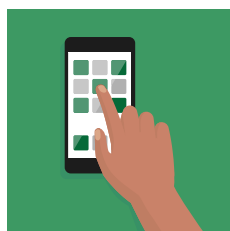
BEFORE & AFTER TREATING A CUT OR WOUND



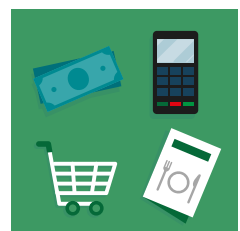
AFTER TOUCHING FACE OR EYES



AT THE HOSPITAL AND DOCTORS



AFTER USING TOUCH SCREENS



WHEN USING OBJECTS IN PUBLIC SPACES

*\*Information from the Center for Disease Control and Prevention*



**Disinfecting with hand sanitizer in-between washes is also recommended.**

For more information please visit, [www.cdc.gov](http://www.cdc.gov).

