

Wash Your Hands

The best thing you can do to keep from getting sick or spreading an illness is to Wash Your Hands!

How should I wash my hands?

- Use soap and warm water
- Rub your hands together
- Scrub for at least 20 seconds

What if I am away from soap and water?

- Use alcohol-based hand sanitizers
- Rub the sanitizer all over your hands
- Rub it under your nails and between your fingers
- Rub it in until your hands are dry



When should I wash my hands?

- Before touching or eating food
- After you use the bathroom
- After you take out the trash
- After you change a diaper
- After you handle money
- After you play with a pet

Make sure your doctor, nurse, dentist or other health care worker has washed their hands before they treat you.