WHEN TO WASH YOUR HANDS

Wash your hands often, especially during these times when you are likely to get and spread germs:

BEFORE

• Before, during, and after preparing food
• Before eating or drinking
• Before and after treating a cut or wound
• Before and after caring for someone at home who is sick with vomiting or diarrhea

AFTER

• After changing diapers or cleaning up a child who has used the toilet
• After blowing your nose, coughing, or sneezing
• After moving from one food preparation area to another
• After any clean up activity such as sweeping, mopping, doing dishes, or wiping counters
• After touching an animal, animal feed, pet food, pet treats, or animal waste.
• After using the toilet
• After touching garbage
• After handling raw meats, poultry, or fish
• After touching hair, face, or body

References:

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