

WHEN TO WASH YOUR HANDS

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

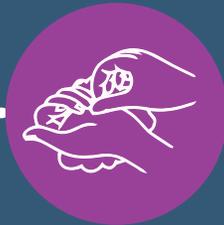


BEFORE

- Before, during, and after preparing food
- Before eating or drinking
- Before putting on or changing gloves
- Before starting work



- 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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World Health Organization. (2020). *Clean care is safer care*. https://www.who.int/gpsc/clean_hands_protection/en/

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