

➤ Handwashing

Handwashing is the Most Effective Way to Stop the Spread of Illness



WASH YOUR HANDS!

Wash Your Hands After:

- *(and before!)* Handling food
- Taking out the trash or using chemicals
- Taking a break to eat, drink or smoke
- Using the bathroom or changing diapers
- Sneezing, coughing or blowing your nose
- Touching a wound, hair, face or other body part.

Here's How:

1. Wet your hands with warm running water.
2. Add soap and rub hands together, front and back, between fingers and under nails for at least 20 seconds.
3. Rinse. Dry hands with a clean paper towel.
4. Turn water off with paper towel before throwing away.