






# I M P O R T A N T



## WASH YOUR HANDS

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

### Wash Your Hands After:

-  **(and before!) Handling food or eating.**
-  **Using the bathroom or changing diapers.**
-  **Sneezing, blowing your nose or coughing.**
-  **Touching a cut or open sore.**
-  **Playing outside or with pets.**

### 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 about 20 seconds.**
- 3. Rinse. Dry hands with a clean paper towel.**
- 4. Turn off water with used paper towel before throwing it away.**
- 5. Use hand sanitizers when soap & water not available.**

