



Washing your hands is the best way to stop germs from spreading. All of the things that you touched today, you would have come into contact with germs. By washing your hands following the above information will help stop the spread of germs!

## When should you wash your hands?



### When your hands are dirty

- After touching high touch point surfaces: doorknobs, railings, light switches, gas pumps, shopping carts/baskets



### After blowing your nose or coughing

- After blowing your nose, sneezing, or coughing, especially if you're sick



### Before eating or touching food

- Before, during, and after preparing or cooking food, which is especially important if you touch raw chicken, eggs, meat, or fish.
- Before eating or drinking



### After touching trash containers

- After handling household or commercial garbage



### After using the bathroom

- After using the toilet both at home or in a public restroom.
- After changing a baby's diaper or helping a small child use the toilet.



### Healthcare Facilities

- Before and after treating patients if you're a medical professional
- Before and after treating clients if you're a cosmetologist, beautician, tattoo artist, or aesthetician
- Before and after entering a hospital, doctor's office, nursing home, or another type of medical facility

## Proper Hand Washing With Soap



Wet hands with water



Apply enough soap to cover entire surface of hands



Lather soap and rub palm to palm



Wash back of each hand with palm of opposite hand



Wash between fingers



Wash each thumb



Wash fingertips



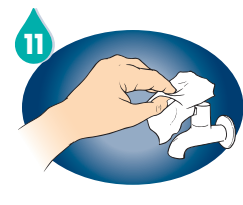
Wash each wrist



Rinse hands thoroughly under running water



Pat hands dry with paper towel



Use paper towel to turn off the faucet

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