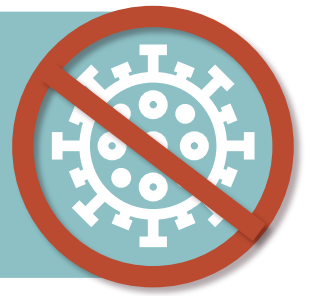


COVID-19: STOP GERMS! WASH YOUR HANDS



Keeping hands clean is one of the most important things we can do to stop the spread of respiratory diseases like COVID-19.



When should you wash your hands?

- **After** using the bathroom.
- **Before, during, and after** preparing food.
- **Before** eating food.
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea.
- **After** touching garbage.
- **After** blowing your nose, coughing, or sneezing.
- **After** touching an animal, animal feed, or animal waste.
- **After** handling pet food or pet treats.
- **After** changing diapers or cleaning up a child who has used the toilet.

WET your hands with clean, running warm or cold water.



Turn off water and apply SOAP. Rub your hands together to LATHER.



WASH the backs of your hands, between fingers, and under nails.



WASH your hands for 20 seconds.



RINSE your hands well under clean, running water.



DRY your hands using a clean paper towel or air dry them.

