



When to Wash Your Hands *Keep Yourself and Others Healthy!*

BEFORE:

- ❖ Eating food
- ❖ Putting on disposable gloves
- ❖ Preparing /handling food

AFTER:

- ❖ Using the toilet
- ❖ Blowing your nose, coughing, or sneezing
- ❖ Touching an item/ surface frequently touched by other people (door handles, counters, etc.)
- ❖ Treating a cut or wound
- ❖ Changing diapers or cleaning up after a child who has used the toilet
- ❖ Touching an animal, animal food, or animal waste
- ❖ Handling garbage or dirty plates
- ❖ Handling dirty laundry
- ❖ Touching a sick person, a sick person's personal items, used tissues, or laundry
- ❖ Cleaning up vomit, feces, or other bodily fluids following the decontamination procedure
- ❖ Removing disposable gloves and any PPE



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