

# Hand Washing

GERMS ON YOUR HANDS CAN MAKE YOU SICK.  
WASH THOSE GERMS AWAY.

Hands should be washed . . .

- ◆ before and after preparing food, especially raw meats, poultry or fish/seafood.
- ◆ before eating.
- ◆ before and after touching wounds and cuts.
- ◆ before and after touching a sick or injured person.
- ◆ before inserting or removing contact lenses.
- ◆ after handling pets or their waste.
- ◆ after handling garbage.
- ◆ after sneezing or coughing into hands.
- ◆ after blowing your nose.
- ◆ after using home or public bathrooms.
- ◆ after changing a diaper.



## Teach Children Hand Washing!

Adults need to . . .

- teach by example.
- help children wash their hands.
- have soap available at all times.
- make sure children can easily reach the sink. Provide a stool if needed.

