



**Your hands should now  
be clean and safe.**

**Wash hands  
regularly**

**...to prevent the  
spread of diseases**



**Wash your hands** as often as possible to prevent the spread of diseases.

Germs can spread easily from person to person and make you sick.

During the day, we may touch books, door knobs, tables, toys and other items that may contain germs.

**You must always wash your hands:**

***Before You:***

- eat
- touch your eyes, nose or mouth

***After You:***

- use the toilet
- sneeze, cough, blow or wipe your nose
- touch animals or pets



**Dry your hands with a paper towel or a clean cloth**



**Rinse your hands properly**



**Wet hands with water**



**Apply enough soap  
to cover all areas  
of your hands**



**Scrub the middle and back  
of both hands, your wrists,  
between your fingers and  
under your fingernails for  
at least 20 seconds**