

Hand Washing!

1 Wet your hands with warm running water

2 Add soap and scrub for 5 to 10 seconds

3 Rinse off soap under running water for 5 to 10 seconds

4 Dry your hands with a towel

5 Turn off tap with a towel

Wash all parts of your hands:

- the backs
- between fingers
- under nails
- thumbs

Wash your hands:

- Before eating
- After using the toilet
- Before, during and after cooking
- After changing diapers
- After handling soiled items such as bed linen, commodes, clothing, and toys
- After petting animals

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Washing your hands with soap and water is the best way to reduce the spread of germs.