

HAND WASHING

HAND WASHING IS THE SINGLE MOST EFFECTIVE WAY TO PREVENT GERMS FROM SPREADING.

- 1. Use soap and warm water.**
- 2. Rub hands together for 20 – 30 seconds.**
- 3. Rinse and dry with single-use paper towels.**

- Wash your hands before handling food.
- Wash your hands after handling raw meats.
- Wash your hands after using the toilet.
- Wash your hands after handling garbage or other dirty objects.
- Wash your hands after blowing your nose or covering a cough or sneeze.
- Wash your hands when they are dirty.