When to Wash

Wash your hands:

• After going to the toilet or changing diapers
• After coughing or sneezing
• After getting visible soil on hands
• After handling raw meat/poultry or unwashed fruits and veggies
• After playing with pets
• After smoking, eating or drinking
• After touching sores, lacerations or infected areas
• After playing/working outside
• After playing in water more than one person has used
• Before and after touching any animals
• When arriving at work or school
• Before handling foods
• Before eating
• Before giving medications
• Before putting contacts in eyes
• Before touching ready-to-eat foods/snacks
• Lots!