

Washing your hands helps you stay healthy.

Make sure you wash your hands at key times: when you're likely to get and spread germs. Key times include before you prepare or eat food, after using the toilet, and after coughing, sneezing, or blowing your nose.

If you have someone who guides you, ask them to wash their hands to prevent the spread of germs.

If you use a service animal to guide you remember to wash your hands after working with your service animal.

The best way to clean your hands is to wet your hands with clean water and add soap, rub your hands together to lather soap covering the back of your hands, between your fingers and under your nails. Making sure to scrub your hands for at least 20 seconds. Rinse your hands and dry them with a clean towel or allow them to air dry. If you don't have access to soap and water use hand sanitizer that contains at least 60% alcohol. Make sure to rub the hand sanitizer all over your hands until they feel dry.

Please remember to wash your hands or use hand sanitizer at key times.