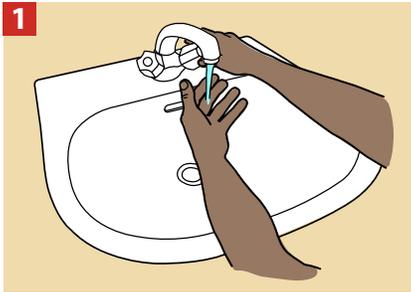
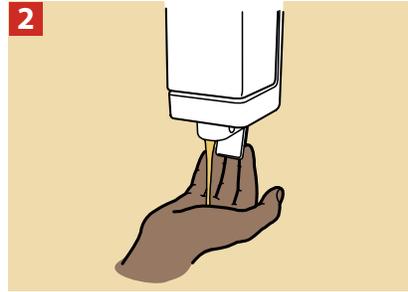


# Hand Washing

Wash hands with soap and water for 20-30 seconds. If hands are dirty, wash hands with soap and water, not with hand sanitizers, for 40-60 seconds. Use hand sanitizer or chlorinated water, if soap and water are not available.



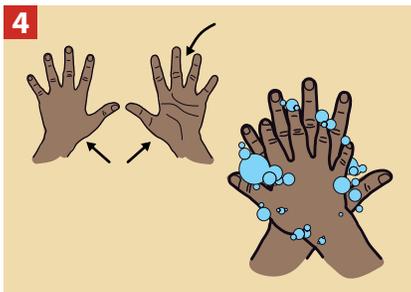
1 Wet hands with water.



2 Apply enough soap to cover all hand surfaces.



3 Rub hands together and scrub everywhere.



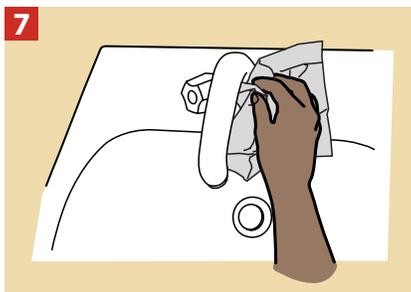
4 Wash the front and back of your hands and in between your fingers.



5 Rinse hands with water.



6 Dry hands completely using a single use towel.



7 Use towel to turn off faucet and throw it away.

## When to Wash Hands

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning a child who has used the toilet
- After blowing your nose, coughing, or sneezing