STAY SAFE
WASH YOUR HANDS

WARM OR COLD WATER?
Either is fine

SOAP OR NO SOAP?
Regular bar or liquid soap is great, or a 60% alcohol-based hand sanitizer

WHAT TO WASH?
Front and back, between fingers, under your nails and up past your wrists

HOW LONG?
At least 20 seconds

HOW OFTEN?
• Before you eat
• Before and after you treat a wound
• Before, during and after you prepare food
• After you use the bathroom
• After you cough or blow your nose
• After you touch an animal, shared surfaces or trash