

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