

HANDWASHING



**It's not just a
restroom thing!**

Always wash your hands after the following activities or anytime they may have become contaminated:

After handling money or shaking hands;

Before and after handling food;

After sneezing, coughing, or blowing your nose;

After touching an open sore, boil, or cut;

After changing diapers;

After taking out the trash;

After touching items that are handled by many people such as escalators, pens, toys, telephones, and library books;

After using the restroom or playing outside; and

After playing with animals.

**Handwashing is the
most effective way
to prevent the
spread of disease.**

