

When to Wash

Wash your hands:

- After going to the toilet or changing diapers
- After coughing or sneezing
- After getting visible soil on hands
- After handling raw meat/poultry or unwashed fruits and veggies
- After playing with pets
- After smoking, eating or drinking
- After touching sores, lacerations or infected areas
- After playing/working outside
- After playing in water more than one person has used
- Before and after touching any animals
- When arriving at work or school
- Before handling foods
- Before eating
- Before giving medications
- Before putting contacts in eyes
- Before touching ready-to-eat foods/snacks
- Lots!



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