STOP GERMS!
STAY HEALTHY!

WASH YOUR HANDS...

- ➢ **When they look or feel dirty**

- ➢ **Before, during, and after preparing food**

- ➢ **Before eating**

- ➢ **Before and after caring for someone who is sick**

- ➢ **Before and after treating a wound or cut**

- ➢ **After blowing your nose, coughing, or sneezing**

- ➢ **After handling diapers**

- ➢ **After handling garbage**

- ➢ **After touching animals or pet food**

- ➢ **After touching surfaces that are frequently touched by other people (i.e. door knobs)**

- ➢ **After assisting a child who has used the toilet**

  and

When you are done here ☺

Wash your hands often.
Teach children to do the same.
Keep soap and a clean towel available at every handsink.

What about hand sanitizers?
Washing hands with soap and water is the best way to reduce the number of germs, but if soap and water are not available, use a hand sanitizer.