

# When should I wash my hands?

After blowing your nose,  
coughing or sneezing!



Before and after eating or  
preparing food!



After visiting a public space,  
like a store or market.



After using the toilet or  
helping children clean up.



When hands are  
Visibly dirty.



After touching garbage,  
pets or animals.



Before and after caring for  
someone that is sick.



Please wash your hands for **20-30 seconds** with soap and water. Using hand sanitizer is a good alternative!