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.

When hands are Visibly dirty.

After touching garbage, pets or animals.

Before and after caring for someone that is sick.

After using the toilet or helping children clean up.

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