When should I wash my hands?



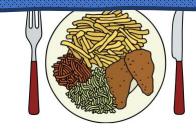
After blowing your nose, coughing or sneezing!



After using the toilet or helping children clean up.



Before and after eating or preparing food!



When hands are Visibly dirty.



Before and after caring for someone that is sick.



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



After touching garbage, pets or animals.



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