

Before, during
and after
preparing and
eating food

With just 20
seconds and some
soap and water,
harmful bacteria
and pathogens will
be removed from
your hands

After touching
foreign objects or
someone else's
belongings

After playing
with animals

After
coughing
and sneezing

A Few Times You May Want to Wash Your Hands

Before and
after
touching your
face



When you
get home

When your
hands are visibly
soiled, you
should really
wash them

Washing your
hands is
important to keep
both you and the
people around you
safe

Before and
after treating
wounds