

How to Wash Your Hands

When to wash your hands:

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



Wet your hands with clean, running water (warm or cold) and turn off the tap.



Apply soap.



Lather your hands by rubbing them together with the soap.



Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. (Need a timer? Hum the "Happy Birthday" song from beginning to end twice.)



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.