When to wash hands...

- Frequently throughout the day
- After coughing or sneezing
  - Before eating or preparing food
  - After using the bathroom
  - After changing a diaper
  - After petting animals
  - After touching public doorknobs or door handles

**Stop Spreading GERMS**

1. **COVER YOUR COUGHS & SNEEZES**
   - Cough or sneeze into your upper sleeve, not your hands
   - Use a tissue to cover your mouth and nose when you cough or sneeze

2. **WASH YOUR HANDS**
   - (after coughing or sneezing)
   - Scrub hands for 20 seconds with soap and warm water
   - -OR- If you can’t find soap and water, use an alcohol-based hand cleaner