

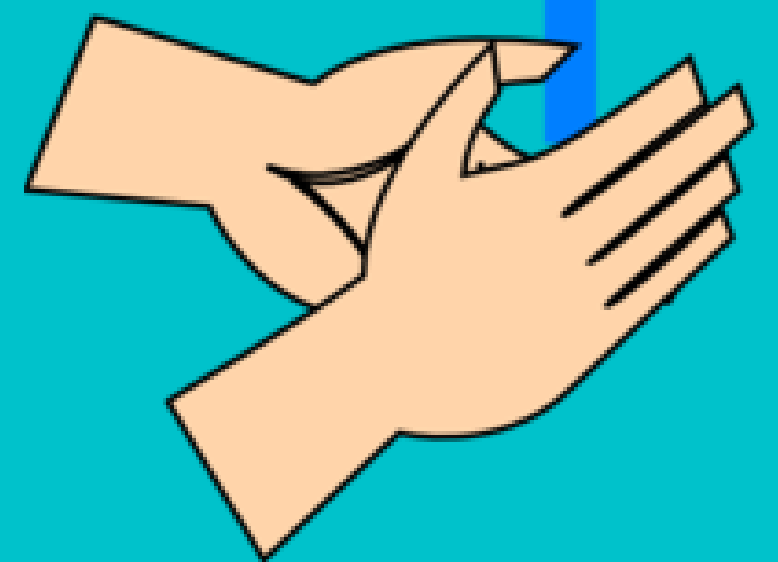
# WASH YOUR HANDS!

You should wash your hands regularly with soap and hot running water throughout the day.

You should dry your hands thoroughly on a disposable paper towel



You should wash your hands for at least 20 seconds (Happy Birthday Song - twice!)



Here are some more specific instances when you should wash your hands:



- After coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food



- Before eating
- After handling animals or animal waste



- Before and after personal care
- After handling monies
- After touching your face, nose, hair, mouth or ears



- After toilet use
- On arrival at work/home

**Hand sanitizer should only be used if there isn't water and soap available. The best way to stop spreading viruses is to wash your hands with soap and water!**