

# Wash Hands Often

AFTER TOUCHING  
OTHER PARTS OF YOUR  
BODY LIKE YOUR NOSE,  
MOUTH, HAIR, AND SKIN

AFTER HANDLING DIRTY  
UTENSILS, OBJECTS, OR  
EQUIPMENT

AFTER TOUCHING A PET

1. Use soap and warm water.
2. Wash for at least 20 seconds (about how long it takes to sing "Happy Birthday").
3. Wash between fingers and under nails.
4. Rinse well under warm running water.
5. Dry with a single-use towel.
6. Use single-use towel to turn off faucets.



AFTER HANDLING  
DIRTY PLATES OR  
GARBAGE

AFTER COUGHING  
OR SNEEZING

AFTER PLAYING  
OUTSIDE

AFTER USING  
THE BATHROOM

AFTER EATING  
OR DRINKING

AFTER WORKING  
WITH RAW FOODS

BEFORE  
HANDLING FOOD