



Wash your Hands!

WHEN?

- ✓ AFTER USING THE TOILET
- ✓ BEFORE, DURING AND AFTER PREPARING FOOD
- ✓ BEFORE EATING FOOD
- ✓ AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING
- ✓ BEFORE AND AFTER CARING FOR SOMEONE WHO IS SICK
- ✓ BEFORE AND AFTER TREATING A CUT OR WOUND
- ✓ AFTER CHANGING A BABY OR CLEANING UP A CHILD WHO HAS USED THE TOILET
- ✓ AFTER TOUCHING AN ANIMAL, ANIMAL FEED, OR ANIMAL WASTE

You should wash your hands to prevent the spread of germs and stay healthy.

Talk to a health care provider you trust at your workplace or in your community

CALL: +00 123 456 789 - 00 · MAIL@HEALTHYWORKER.COM