



Stop germs. Stay healthy. **Wash your Hands!**

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WHEN should you wash your hands?

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There are **IMPORTANT TIMES**
to wash your hands:

- AFTER USING THE TOILET
- BEFORE, DURING AND AFTER PREPARING FOOD
- BEFORE EATING FOOD
- AFTER BLOWING YOUR NOSE, COUGHING, OR SNEEZING

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

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