



Effective Handwashing to Prevent the Spread of Germs



How To Wash Your Hands:

- Use soap and water
- Create good lather and clean: between fingers, under nails and up wrists
- Rinse with clean water
- Dry hands thoroughly and minimize contact with surfaces

When To Wash Your Hands:

- After using the facilities
- After you have coughed or sneezed (remember always cough into arm or elbow to avoid spreading germs)
- Before touching and eating food
- If they appear dirty
- After you have touched animals