

# Please wash your hands!



## Why?

- Handwashing is important!
- Protect yourself & others from diseases & germs

## When?

- After using the bathroom
- Blowing your nose, coughing or sneezing
- Before & after eating
- When hands are visibly dirty

## How?

- Wash for at least 20 seconds
- Use soap & water
- Scrub under nails when possible



## Avoid...

Touching your eyes, nose, and mouth

