

The single most important method to prevent the spread of infection is Hand Washing!

How to Wash Your Hands!

- 1. Turn on water (warm) and wet your hands**
- 2. Apply soap**
- 3. Scrub all surfaces of your hands, in between your fingers and under your nails for 20 seconds**
- 4. Rinse your hands well**
- 5. Dry your hands with a paper towel**
- 6. Turn the water off with the paper towel**

When to wash your hands!

- 1. Before you eat or prepare food**
- 2. After you use the bathroom**
- 3. After playing outside or with an animal**
- 4. After you sneeze or cough**
- 5. When they are dirty**
- 6. After changing a diaper or handling animal waste**