

CLEAN YOUR HANDS OFTEN



Wash your hands often with soap and water for 20 seconds. If soap and water are not readily available and your hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol.



KEY TIMES TO CLEAN HANDS:

- Immediately after removing gloves and after contact with a person who is sick.
- After blowing one's nose, coughing or sneezing.
- After using the restroom.
- Before eating or preparing food.
- After contact with animals or pets.
- Before and after providing routine care for another person who needs assistance (e.g. a child).