

HANDWASHING

It's not just a restroom thing!

Always wash your hands after the following activities or anytime they may have become contaminated:

- After handling money or shaking hands.
- Before and after handling food.
- After sneezing, coughing or blowing your nose.
- After touching an open sore, boil or cut.
- After changing diapers.
- After taking out the trash.
- After touching items that are handled by many people such as escalators, pens, toys, telephones and library books.
- After using the restroom or playing outside.
- After playing with animals.

Handwashing is the most effective way to prevent the spread of disease.

