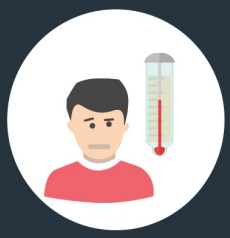
Hand Washing

- Cleaning your hands is one of the best ways to prevent germs from spreading.
- Washing your hands often can prevent germs that cause illness from spreading to your family, friends, and community.

When should I wash my hands?

Before, During, and After Preparing Food

Before Eating



After Caring for an Ill Person

After Playing with Animals

After Being Outside

After Going to the Bathroom

After Changing a Diaper

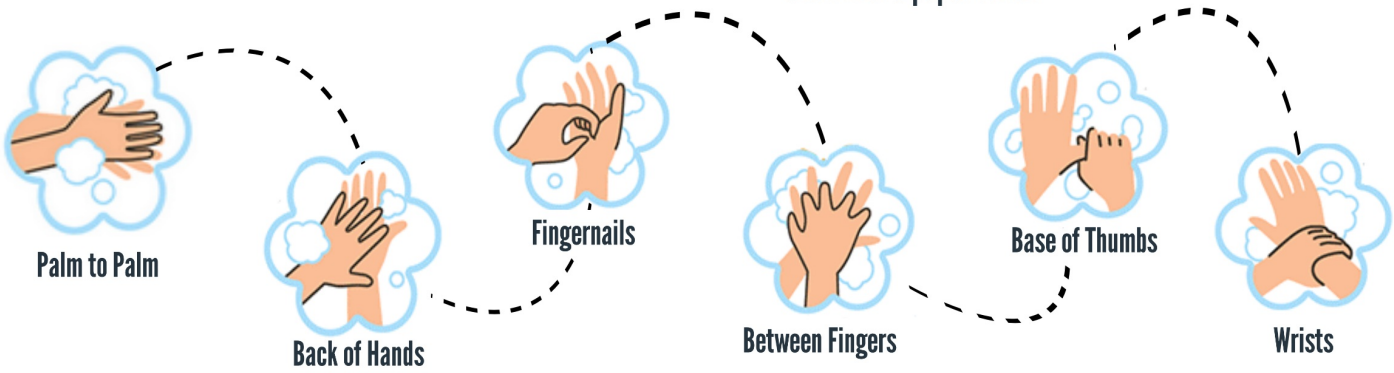
After Sneezing or Coughing

After Blowing your Nose

When your Hands are Visibly Dirty

How should I wash my hands?

1. Wet your hands under running water.
2. Add some soap and lather your hands in the places shown below for at least 20 seconds.
3. Rinse your hands with running water and dry them with a paper towel.
4. Use a paper towel to turn off the sink and open the door to exit the bathroom.



Acute Disease Service
Oklahoma State Department of Health
Creating a State of Health