

# WASH YOUR HANDS OFTEN!



Use **SOAP AND WATER** to wash your hands for at least 20 seconds.



**Before** you prepare or eat food.



**After** you use the bathroom, cough, sneeze, or blow your nose.



## Remind others!

Remind others who help you to wash their hands regularly.



## No Soap and Water?

Use hand sanitizer with at least 60% alcohol. Rub your hands until dry.