

## EVERYONE MUST WASH THEIR HANDS



We've all seen the sign in restrooms when dining out **"Employees Must Wash Hands Before Returning to Work"**. Makes one wonder if some people really need a sign for that. What other key times to wash their hands are they missing? Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

### WHEN TO WASH YOUR HANDS:

- Before, during, and after preparing food.
- Before eating food.
- Before and after caring for someone sick.
- Before and after treating a cut or wound.
- After using the restroom.
- After blowing your nose, coughing or sneezing.
- After touching garbage.
- After touching an animal or animal waste.